THE Sun ON SUNDAY

Sunday, August 30, 2026

£2
thesun.co.uk

INTERVIEW IN FABULOUS MAGAZINE

G.K. BARRY

'I hope talking about my sexual assault will help other young women'

EXCLUSIVE: COWELL REBOOT

ITV chiefs in talks to revamp classic show

THE X BACKTOR

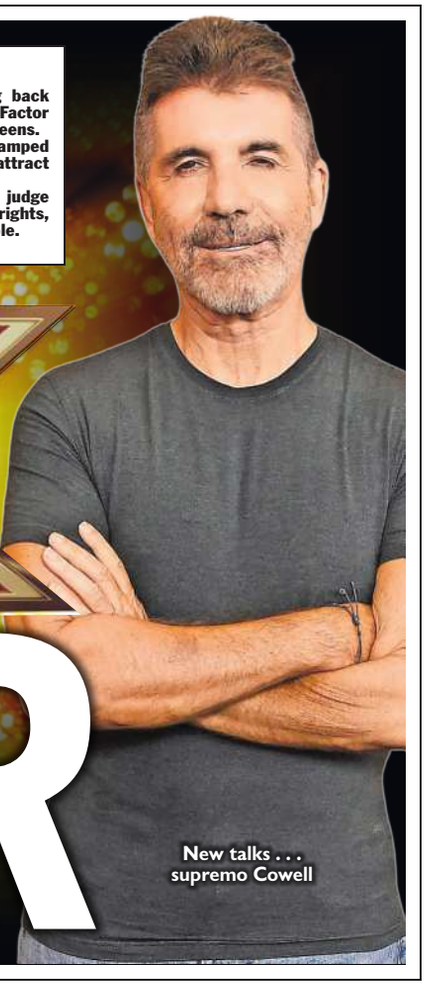
By HANNAH HOPE

ITV chiefs are in talks to bring back telly talent juggernaut The X Factor seven years after it left our screens.

Producers are planning a revamped format with younger judges to attract the social media generation.

The reboot could see ex-head judge Simon Cowell, who co-owns the rights, return in a behind-the-scenes role.

Full Story — Pages 4 and 5



New talks . . . supremo Cowell

EXCLUSIVE: FERGIE PLOTS TELLY TELL-ALL

SEE PAGE 7

CALL BY TOP LABOUR PEER:

GET BRITAIN BACK INTO WORK, PM

Warning . . . Lord Walker

THE former cost of living czar is urging Andy Burnham to cut business tax to create jobs and growth.

Labour peer Richard Walker says No10 should "stop focusing on the cost of living and start focusing on the cost of getting Britain back to work".

The boss of the Iceland supermarket chain adds in his explosive intervention that the Government shouldn't resort to being "bailout Britain", answering all problems with "another subsidy, benefit or demand on business to pick up the bill".

EXCLUSIVE by KATE FERGUSON, Political Editor

Writing in today's Sun On Sunday, Lord Walker adds ministers must lower the costs on businesses to turn the economy around.

He says this would reduce the benefits bill, tackle the youth unemployment crisis and help struggling Brits.

He warns "warm words towards business won't be enough" and that the PM and Chancellor John Healey must cut business taxes in the Budget in the autumn. Lord Walker writes: "Their first priority should be simple: make it cheaper to employ people, invest and grow."

He spent five months advising the then Prime Minister Sir Keir Starmer on how to help people clobbered by crippling price rises.

Lord Walker is also calling for "brave decisions" on welfare to get people back into work and to reduce the bloated benefits bill.

There are nearly one million people aged between 16 and 24 who aren't in employment, education or training.

The nation's benefits bill – minus pensions – stands at £207billion. The first Budget under Mr Burnham as Prime Minister will be on October 28 and is expected to include tax rises.

A growing number of business chiefs warn that hiking levies further will backfire.

One of Mr Burnham's allies, economist Lord Jim O'Neill, who turned down a job in the new Government, has said it would be "stupid" to increase wealth taxes.

The tax burden is at its highest level since World War Two. Mr Burnham has vowed to be a "pro business PM".

The Sun on Sunday Says and Dear PM — Page 14

Vote . . . Mr Cleverly

Cleverly to run for Mayor of London

By SOPHIA SLEIGH

SENIOR Tory James Cleverly is quitting as an MP to run for election as Mayor of London.

The Shadow Housing Secretary – who has served as Home Secretary and Foreign Secretary – hopes to replace Labour's Sir Sadiq Khan.

He said the capital needed "protecting" from new PM Andy Burnham.

Mr Cleverly told The Sunday Times: "Burnham is looking to punish London. It's perverse.

"He sees Londoners as a cash cow. Money is being diverted to prop up his political hinterland and buy votes elsewhere."

Sir Sadiq is halfway through his third term but has not confirmed whether he will run again in May 2028.

If he does not, ex-Labour deputy PM David Lammy could be a candidate. A well-placed London Labour source told The Sun on Sunday: "Cleverly is the only one we'd be scared of facing."

Anger at Burnham rail deal

By NICK MIAO

ANDY Burnham has agreed above-inflation pay rises with train drivers to avoid embarrassing strikes on the London to Manchester line.

It is his first public sector pay deal since he set up No10 North in Manchester – where his ministers now routinely have to travel via Avanti West Coast services.

Leaked union correspondence shows the PM signed off a 3.6 per cent deal for Aslef drivers who start on £70,000 a year.

Shadow Transport Secretary Richard Holden accused Labour of capitulating to the unions.

He told The Sunday Times: "Taxpayers are being asked to stump up millions simply to save Burnham's blushes."

This week Mr Burnham will deliver his first Commons statement as PM – vowing to "bring back hope" by reducing the cost of living.

VLAD BLITZ KILLS 37

Strike . . . flames in capital Kyiv

By LAUREN UTTLEY

FIREFIGHTERS watch as a blaze engulfs a warehouse after Russia's deadliest attack on Ukraine this year.

President Volodymyr Zelensky declared a day of mourning after the overnight blitz, which killed 37 people and injured dozens more.

The attack on capital Kyiv was part of a huge coordinated assault by the forces of Vladimir Putin, *below*, using drones and missiles.

The inferno triggered a series of terrifying secondary explosions, with nearby homes catching fire.

Mr Zelensky warned the number of fatalities could still rise as rescue crews continued working at the scene in the suburb of Bucha.

THE Royal Navy tracked two Russian warships escorting sanctioned boats in the North Sea and Channel for three days last month.

CORRECTIONS & CLARIFICATIONS

THE Sun aims to have the highest standards and we abide by the rules in the Editors' Code of Practice. The Sun is a member of the Independent Press Standards Organisation. To make a complaint to us go to www.thesun.co.uk/ipso or write to Editorial Complaints, The Sun, 1 London Bridge Street, London SE1 9GF.

ipso. Regulated

War ruins Iran trade

IRAN'S leaders have admitted US sanctions and a naval blockade have shrunk the nation's foreign trade by a third.

But Tehran vowed yesterday to withstand US pressure and maintain control over the strategic Strait of Hormuz.

Its government said in a statement on state media that addressing economic pressures caused by sanctions and war was a central focus.

Six months after the US and Israel launched attacks, Washington has warned countries to cut business ties with Iran or face secondary sanctions.

IRELAND 'ROW'

GORDON Brown has said there will be a united Ireland – risking a massive Labour Party row.

The former Prime Minister said the island would be united in the long term.

He made the comments despite serving as Chancellor in Tony Blair's government when the Good Friday Agreement was signed in 1998. He said it would be "a long process where people find a way of agreeing".

His comments are likely to spark a row in Labour after PM Andy Burnham ruled out calling a referendum on Irish unification.

£1.5M TO HELP COURTS CLOG

NO10 has pledged £1.5million to fund the training of 100 extra barristers per year to tackle the backlog of 80,000 court cases.

Courts minister Sarah Sackman said the scheme was "open to the brightest from every background".

SHOP FEES FURY

RETAILERS have been hit by a doubling of recycling fees due to a stealth tax.

Large shops and firms have to contribute to costs under the Packaging Recovery Note (PRN) scheme.

Analysis by the British Retail Consortium has found that the average price per tonne for plastic PRNs has doubled from around £180 in 2025 to over £370 this year.

The consortium's director Andrew Opie warned that the industry's total bill will rise by more than £100million in a year and branded the scheme "outdated, inefficient and unnecessary".

IN BRITAIN'S BEST-SELLING SUNDAY PAPER

TONY PARSONS

It feels like big tech has just had its tobacco moment

PAGE 13

JANE ATKINSON

Prue Leith is a sandwich short of a picnic with her school dinners plea

PAGE 27

FREE No1 for TV & fashion

LAST NIGHT'S LOTTO BALLS

LOTTO: Rd1: 2, 6, 28, 33, 43, 54, bonus 55. Rd2: 2, 24, 41, 43, 45, 59, bonus 54.

HEALTH LOTTO: 10, 15, 30, 35, 36, bonus 21.

Picture: ZAK WALTON

AMANDA'S DEVILISH

BRITAIN'S Got Talent judge Amanda Holden sleeves very little to the imagination in a grey bodysuit — as she is tapped up about a new stage role.

The 55-year-old is in talks to appear in The Devil Wears Prada: The Musical in London's West End. Theatre bosses want Amanda, an award-winning stage actress, to play fearsome magazine editor Miranda Priestly, currently portrayed by 63-year-old singer Vanessa Williams, *right*, who steps down next month.

A source said: "Theatre bosses are really keen to sign Amanda.

"She would love to take on a musical role at some point."

EXCLUSIVE by HANNAH HOPE
Showbiz Editor

TV EXCLUSIVE

IT'S ENDER ROAD FOR STAR No4

Actor Pierre quits after 1yr

By **HANNAH HOPE,** Showbiz Editor

EASTENDER Pierre Counihan-Moullier is joining the Albert Square exodus.

The 26-year-old proved an instant hit with viewers when he joined the BBC1 soap just a year ago to play the returning character Oscar Branning.

But he has quit and is set to follow Kellie Bright, 50 – who plays Linda Carter – and Ravi Gulati star Aaron Thiara, 33, out of the door later this year.

Meanwhile, 42-year-old Michelle Ryan's character Zoe Slater – who first appeared in 2000 – is set to be killed off in coming weeks only a year after her comeback.

A source said: "Viewers are still reeling from the news they are losing Kellie and Aaron, two incredibly popular staples."

Pierre was signed up by new EastEnders boss Ben Wadey, 32, who joined from Channel 4's Hollyoaks last year.

Pierre will film his final scenes at studios in Elstree, Herts, and the door is expected to be left open for the character.

The source added: "The fans love Pierre, so this is a huge blow to the show. It's also interesting that signing up Pierre has been one of the better things that Ben Wadey has done.

"So the fact that he's leaving is not a good look. Everyone's now hoping that the rest of the cast will sit tight for a while."

Last week we told how Zoe will die in her sleep after banging her head.

An EastEnders spokesman declined to comment.

hannah.hope@thesun.co.uk

Popular . . Pierre joined as Oscar Branning

On way out . . . Michelle, Aaron and Kellie

COUNTRY music legend Dolly Parton was a rare celebrity whose appeal crossed generations, geography and politics — and had a way with words like no other. To pay tribute to the star, who died on Tuesday at the age of 80, we have scattered some of Dolly's best quotes through today's Sun on Sunday.

£9K CON RAP

A COUNCIL worker has been sacked for going on a £9,400 spree with a taxpayer-funded credit card.

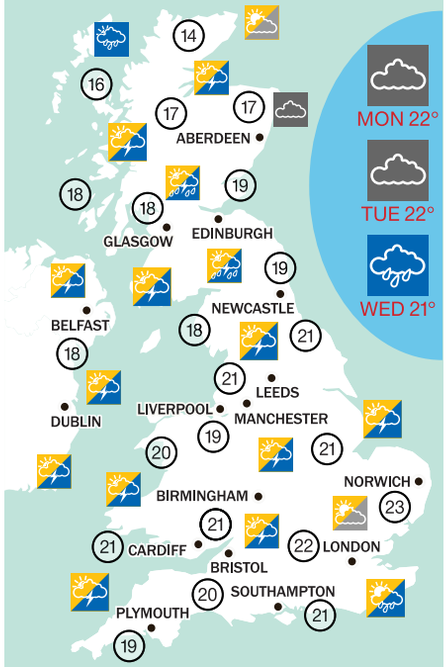
Daniel Baldwin, 33, was an accommodation officer for the homeless with Newport City Council when he was given the card for local authority purchases.

But he ran up the debt for parking fines and "non-council-related expenditure" in less than two months.

The spending came to light during an audit.

Baldwin, of Newport, admitted fraud at the city's magistrates' court and was handed a 12-month community order. He has paid back the money in full.

Sun WEATHER



TODAY: Rain showers in North-East and North-West England. Cloudy in Central regions. Thunderstorms in South-West. Mainly dry with mostly cloudy skies in Southern and Eastern England.

TONIGHT: Rain showers in North-East and North-West England. Thunderstorms in the Midlands, London, and South-East. Mostly cloudy in East and South-West regions.

OUTLOOK: On Wednesday, rain moves into Western England with cloudy skies in Central areas. Thursday sees rain showers in the North, while Southern England remains mostly dry and mild.

TYPHOON Rusa battered South Korea with 130mph winds and storms on August 30, 2002, killing 238 people and causing damage running to £3billion. Flooding destroyed tens of thousands of homes and submerged military aircraft and facilities.

WE PAY FOR YOUR STORIES

We are always after good stories and we pay big money for them every day. Call our news desk and we'll call you straight back

Call 020 7782 4100
WhatsApp 0742 372 0250
Email exclusive@the-sun.co.uk
Need help with SunSAVERS?
Call 0207 860 1129 (Mon-Fri 10am-5.30pm)
or email help@thesun.co.uk

WAVE HORROR

A HOLIDAYMAKER drowned after being "hit by a large wave" during a family trip to the beach, the opening of an inquest was told.

Married Simon Lightbody, 48, was struck while swimming in the sea at Blackpool Sands near Dartmouth, Devon on Monday afternoon last week.

His family raised the alarm after the chartered mechanical engineer disappeared from view.

A lifeboat recovered the body of Mr Lightbody, of Reigate, Surrey. The cause of death was given as drowning. The Exeter hearing was adjourned.

PLAN TO REVIVE

GIVE US

EXCLUSIVE by HANNAH HOPE
Showbiz Editor

THE X Factor is poised for a sensational return to boost ITV's viewing figures — and its bank balance.

Executives are "super-keen" to bring back the world-beating talent show, which pulled in 19 million viewers at its height and turned One Direction, Little Mix and Leona Lewis into global stars.

Production company Talkback Thames and ITV chiefs are in top-level talks on launching a revamped version of the contest.

The plan is to have younger judges to appeal to the social media generation but show creator Simon Cowell, the former head judge, is likely to return in some capacity.

It comes after recent ITV attempts at big-budget entertainment shows, including The Neighbourhood hosted by Graham Norton, and The Fortune Hotel, hosted by Stephen Mangan, flopped disastrously.

Earlier this month ITV's singing competition The Voice returned with just 1.9 million viewers and was beaten by little-known BBC1 game show Picture Slam.

The X Factor ran for 15 series from 2004 to 2018 before two spin-off series aired in 2019 – X Factor: Celebrity and X Factor: The Band.

ITV's Director of Entertainment, Reality & Daytime Katie Rawcliffe is said to want to sprinkle the nailed-on hit's magic on the station's ailing evening weekend offerings.

A source said: "ITV have a giant gaping hole that needs filling in its entertainment schedule, particularly over weekends when bigger viewing figures are up for grabs.

"Katie can't afford another disaster after the car crash of The Neighbourhood, which was colossally expensive and failed terribly.

"Rather than creating more flop formats they have the opportunity to give The X Factor, a sure-fire hit, a modern makeover.

"They can explore a younger, fresher panel, with new faces and have Cowell behind the scenes. The plan is for the show's return to take on a new life and be updated to envelop social media generation.

"ITV has shown with programmes like Love Island and I'm A Celebrity that social media is where they can inject massive viewing figures.

"The X Factor was one of the most iconic shows in TV history and created dozens of stars and household names who are still riding high today.

"Executives at Talkback Thames have had discussions with ITV chiefs about a comeback and they are super-keen for it."

A return would also boost ITV plc's revenues which have been hammered in recent years by weak advertising and overspending on its streaming services, say finance experts Hargreaves Lansdown.

At its peak, The X Factor was one of UK TV's most lucrative entertainment shows, generating an estimated £100million in 2009 alone.

Individual 30-second commercial spots during the finale commanded huge premiums, bringing in from £150,000 to £300,000 per slot.

In addition to standard ad breaks, the show was backed by lucrative multi-year corporate sponsorships, such as a three-year, £20million deal with TalkTalk struck in 2010.

Judges were already, or became, household names, with Sharon Osbourne and Louis Walsh joining Cowell at the start in 2004.

By 2019, with The X Factor: Celebrity, Nicole Scherzinger had joined Simon and Louis, with Dermot O'Leary the host.

The rights to The X Factor are owned by 6-year-old Cowell and distribution company Fremantle, who run Talkback Thames.

He has signed up for a Sky documentary about the show, with production firm 72 Films, along with other former judges such as Cheryl Cole. It is due to air next year.

An insider said: "The celebratory documentary is going to explore the cultural phenomenon that The X Factor was and is likely to remind fans about its success."

Asked in May if The X Factor could return, Cowell told the Tales from the Celebrity Trenches podcast: "Yeah, we talk about it a lot. Do you bring it back as X Factor or do you bring it back as the Z Factor?

"There's still no question, the power of TV in terms of getting people to know an artist. It's so important if you're not writing your own material. The truth is there's something about being on a big screen. You hear about these artists who break online, but so rarely.

"Truth is, I guess, thank God, people like being on TV."

Speaking at the Edinburgh TV festival last week, Kevin Lygo, ITV's Managing Director, Media and Entertainment said the channel needed to take "more risks".

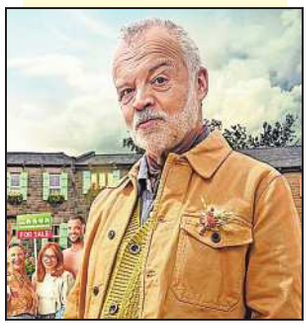
He said: "Because we're in a very good position with entertainment – with I'm A Celebrity . . . and Britain's Got Talent and The Masked Singer and so on – we must take risks with new shows. And, honestly, if one in eight becomes the next Britain's Got Talent, that's a win.

"So you've got to expect that they won't all work, and it's harder and harder now to bring people to new shows. That's why you're seeing more and more reboots everywhere.

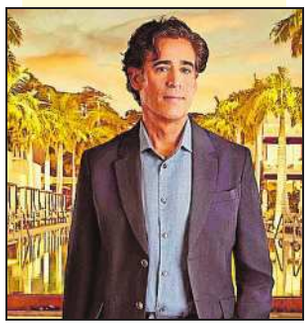
"We're continuing to try new shows and so long as they're good in themselves, I don't mind the odd failure. Otherwise you're just going to shrink and shrink and do more episodes of The Chase." ITV and Fremantle declined to comment.

hannah.hope@thesun.co.uk

FLOP GRAHAM NORTON IN THE NEIGHBOURHOOD



FLOP STEPHEN MANGAN IN THE FORTUNE HOTEL



ITV need a cash Cowell after big flops..but Si may take a back seat

HIT AFTER 7YR BREAK

XTRA

Glitz . . . Nicole was one of many big name judges during talent show's run

First judging panel . . . media mogul and show creator Simon with Sharon Osbourne and Louis Walsh

Last line-up . . . Louis and Simon joined by Nicole Scherzinger and long-time host Dermot O'Leary

FIVE OF THE GREATEST ACTS

ONE DIRECTION

The group — Harry Styles, Zayn Malik, Liam Payne, Niall Horan and Louis Tomlinson — finished third in 2010. But they still went on to sell over 70 million records.

LEONA LEWIS

She won the show in 2006 and a year later had a No1 single on both sides of the Atlantic with Bleeding Love. The London-born star, now 41, has sold 35 million records.

JAMES ARTHUR

The singer-songwriter from Middlesbrough, now 38, was the winner in 2012. His continued success includes his album Pisces hitting the top three last year.

LITTLE MIX

In 2011 the quartet of Perrie Edwards, Jesy Nelson, Jade Thirlwall and Leigh-Anne Pinnock were the first group to win the show. Their No1s include Wings.

OLLY MURS

He was runner-up in 2009 and went on to have hits across the world. Olly, now 42, also co-presented the show in 2015, and became a mentor on The Voice.

Statin Alz heart aid

MILLIONS more people could benefit from statins as fresh studies suggesting they slash the risks of dementia and heart attacks in old age.

A world-first trial in Australia found even healthy OAPs who take them have a 30 per cent lower than average risk of heart attack or stroke.

And a study in Denmark showed people with type 2 diabetes were 15 per cent less likely to get dementia on statins.

SAR-MAGEDDON

Scientists probing mass sardine deaths in South Africa think a herpes virus cutting their oxygen flow could be to blame.

MIGRANT HORROR

Man dies, another stabbed and 2 burned on boat

Packed . . migrant dinghy last week

POLICE are investigating the death of a migrant on a boat bound for Britain.

The dinghy was allowed to continue on Friday after many of its passengers were rescued — including a man with stab wounds and two women with burns.

French detectives believe the dead man — a Afghan national aged 34 — may have been attacked by other migrants.

By THOMAS GODFREY

It comes after The Sun on Sunday revealed last month a murder probe was launched when a migrant's body was found on a beach near Calais.

His killers may have fled to the UK on a small boat.

In the latest incident, the dinghy was carrying at least 110 people when it launched from Grand-Fort-Philippe, near Calais, after being monitored by the coastguard overnight.

Authorities picked up 73 passengers including the Afghan man, who was airlifted to hospital where he died.

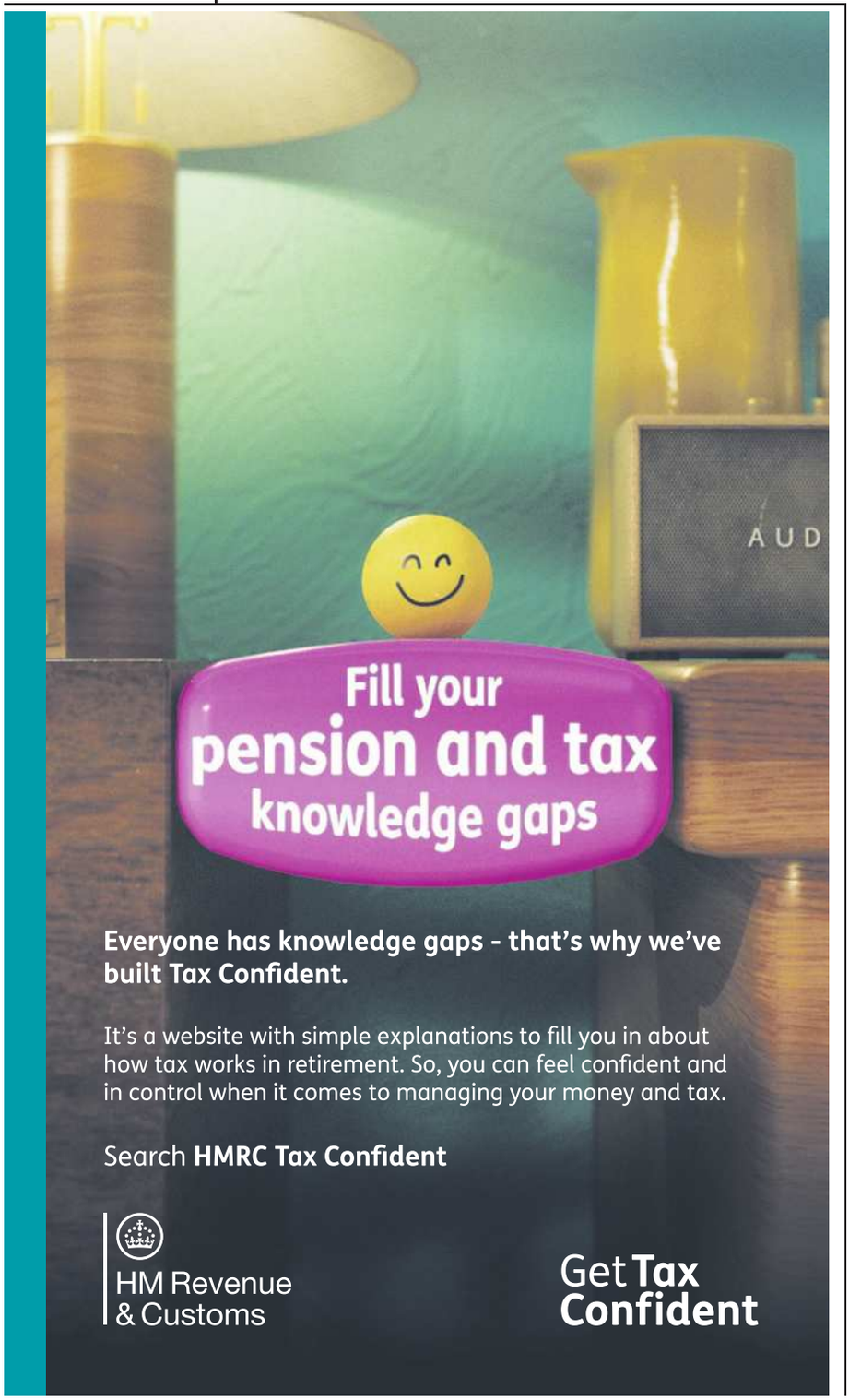
He is believed to have suffered a fatal heart attack.

The other 72 were taken back to France, but 45 migrants remained on the boat and continued their journey to Dover.

A France Maritime Prefecture spokesman said: "Early on the morning of August 28, the Ridens [rescue vessel] picked up 72 migrants requesting assistance. During the rescue, the vessel discovered one person in the boat suffering from cardiac arrest and three others who were wounded."

"The boat continued its journey, and its remaining 45 occupants were picked up by a British rescue boat."

Pictures showed men, women and children being processed through the Border Security Command facility in Dover.



Licence . . . car wash

Visa OK for fined car wash

EXCLUSIVE by THOMAS GODFREY

A CAR wash firm fined for employing illegal staff still holds a licence to sponsor foreign nationals on skilled worker visas.

Mayfair Carwash, which cleans motors for up to £50, was hit with the £160,000 penalty this year after a Home Office raid.

The Sun On Sunday visited the business this week and the man identified by staff as the manager shrugged when asked about the fine.

Marble Arch Express Ltd runs the car wash in central London and holds the Home Office licence on skilled worker visas.

The Home Office says our findings will form part of a probe into what businesses can bring in skilled work. Car washes were fined £2.6million for illegal labour between January and March.

GLAMOROUS Dolly famously said: "I'm not offended by dumb blonde jokes because I know that I'm not dumb. I also know I'm not a blonde."

Derailed by 'kink'

THE driver of a train that derailed at 77mph had reported seeing a "kink" in the track, an investigation revealed.

The London-bound Greater Anglia service left the track near Wickford, Essex, on August 14 with 62 people on board but remained upright.

No-one was hurt. The Rail Accident Investigation Branch said CCTV from the train showed a "misalignment" at the point the driver reported.

By LEN READ

RELAXED reality star and beauty brand mogul Kylie Jenner lets her hair down as she sits back in a car's passenger seat.

The 29-year-old mum of two — said to be worth £500million — wore her hair in pigtails while posing in a low-cut see-through top.

She also stretched out on the floor in a silky striped shirt and heels for fashion bible Who What Wear, telling them she was scaling back on her "too big" lifestyle.

AS EX-DUCHESS RETURNS TO UK..

1992 speech . . . Elizabeth

Secrecy on Maj's 'horribilis' year files

EXCLUSIVE
by THOMAS GODFREY

WHITEHALL censors have slapped 97 secrecy orders on royal papers from Queen Elizabeth's "annus horribilis" – more than any other year.

The 1992 files were due to enter the National Archives from 2017 but officials have locked the huge number away in the past nine years.

Her Majesty's nightmare year saw Charles and Diana split, Windsor Castle burned in a fire, and the Squidgygate tapes leaked between Di and pal James Gilbey.

Andrew and Sarah's split was announced, and the divorce of Princess Anne and Mark Phillips was finalised.

The late Queen used the now-famous phrase in a speech in November 1992, just four days after the Windsor blaze.

She said of the year: "In the words of one of my more sympathetic correspondents, it has turned out to be an 'annus horribilis'."

It is unclear exactly which files have been kept under lock and key instead of being handed over to archivists, or which of the Royal Family they concern.

Royal secrecy powers have been used more often as controversies engulfed the family.

The figures were obtained through a parliamentary question by Greens MP Sian Berry.

Buckingham Palace did not comment.

Harry 'Di memory'

PRINCE Harry and wife Meghan will observe the 29th anniversary of his mum Princess Diana's death tomorrow privately, a source has said.

The Duke and Duchess of Sussex and their two children have now returned to the UK from the US.

It has not been disclosed where they are living but The Sun revealed they would move into a private house.

Diana is buried at her brother Earl Spencer's Althorp estate in Northants, which the family visited in July.

No details have been released of any formal royal plans for the day.

Fergie's planning a tell-all on telly

WEIGHING UP OFFERS

EXCLUSIVE by HANNAH HOPE

SARAH Ferguson is being lined up for a TV documentary and interview now she has returned to Britain.

She is weighing up "many approaches" she has received from producers after being mentioned in the Jeffrey Epstein scandal.

And the ex-wife of shamed former prince Andrew Mountbatten-Windsor is considering working on her own programme so she can retain control.

The news comes as The Sun revealed yesterday that she is renting a £10,000-a-month, six-bed property in the Home Counties.

A source said: "Fergie has been bombarded with requests from all over the world to do sit-down interviews, especially with the big streamers, to tell her side of the story. She is looking at her options. For her, it's more about retaining editorial control rather than making money."

They went on: "Sarah has a tight-knit group of friends and is extremely well connected. She would only allow someone she knew well to tell her story."

In 2011 Fergie made her own six-part documentary, Finding Sarah: From Royalty to the Real World, with the Oprah Winfrey Network.

Last year, The Sun on Sunday revealed Fergie, 66, had written to Epstein, calling him a "supreme friend" – despite his sex crime convictions.

More allegations of contact between the two emerged in the release of the Epstein Files. US Congressman Suhas Subramanyam urged her to testify about their ties, though there is no suggestion she has committed a criminal offence.

In February she and Andrew were evicted from Royal Lodge in Windsor. Andrew moved to a farm on the Sandringham Estate in Norfolk, but until now Fergie had not set foot in the UK for at least seven months.

The mum of two was seen a handful of times, including being tracked down by The Sun to a £2,000-a-night spa resort in Austria. She also stayed at ex-boyfriend and benefactor Paddy McNally's Swiss ski chalet in Verbier.

Fergie is also not believed to have seen her daughter Princess Eugenie and new grandchild Adelaide in Portugal, despite reports to the contrary. Last night a spokesman declined to comment.

hannah.hope@thesun.co.uk

With Oprah . . and Sun story

Back home . . . Fergie in France before scandal

SEARCHES FOR MISSING

I LOVE YOU

Heartache . . . Pramod and his missing wife Sumitra

EXCLUSIVE
from AMIR RAZAVI in Nepal

Last words of Nepal Brit's new-wed wife

A BRIT whose newlywed wife is missing in the Nepal flood disaster yesterday revealed her final words to him were: "I love you so much."

Food truck owner Pramod Poudel told us of his last chat with Sumitra as he began his own search for her.

She is missing with his mum, brother and uncle after their entire village was destroyed.

Pramod, 34, last spoke with Sumitra, 25, over the phone at 4.15am UK time on Wednesday.

Moments later, a collapsed glacier sent water, ice and mud thundering down mountains – leaving hundreds dead and thousands missing on the Nepal-Tibet border.

Pramod flew to Nepal on Friday, and yesterday began a trek to scour the village of Sole in a desperate bid to find his loved ones.

He told The Sun on Sunday: "When I last spoke to her, she said to me, 'How are you? I love you so much'.

"I have not had contact with her since then. It's devastating – I don't even know how to explain how I'm feeling right now. I'm so worried about her, and all my family. I work so hard for them and they are my whole world.

"I'm very hopeful of finding them but I'm also praying to God."

British citizen Pramod, of Uckfield, East Sussex, was born and raised in the Nepalese village of Sole and moved to the UK when he was 18. The settlement had

WIPED OUT

By AMIR RAZAVI

SATELLITE pictures from the Nepal-Tibet border show the extent of the destruction caused by the devastating Himalayan flash floods on Wednesday.

The image on this page — taken in 2024 — shows the border facilities in place and a basketball court at the busy Rasuwagadhi crossing.

But all of the infrastructure was obliterated by the sudden torrent of water, mud, rock and debris — as seen in the most recent photograph.

Shocking CCTV footage of the site being swept away by the landslide went viral on social media around the world.

Terrified people were filmed running for their lives during the disaster, which was caused by a catastrophic glacial ice-and-rock collapse.

The major route for traders, tourists and pilgrims towards Mount Kailash and Lake Manasarovar is now impassable.

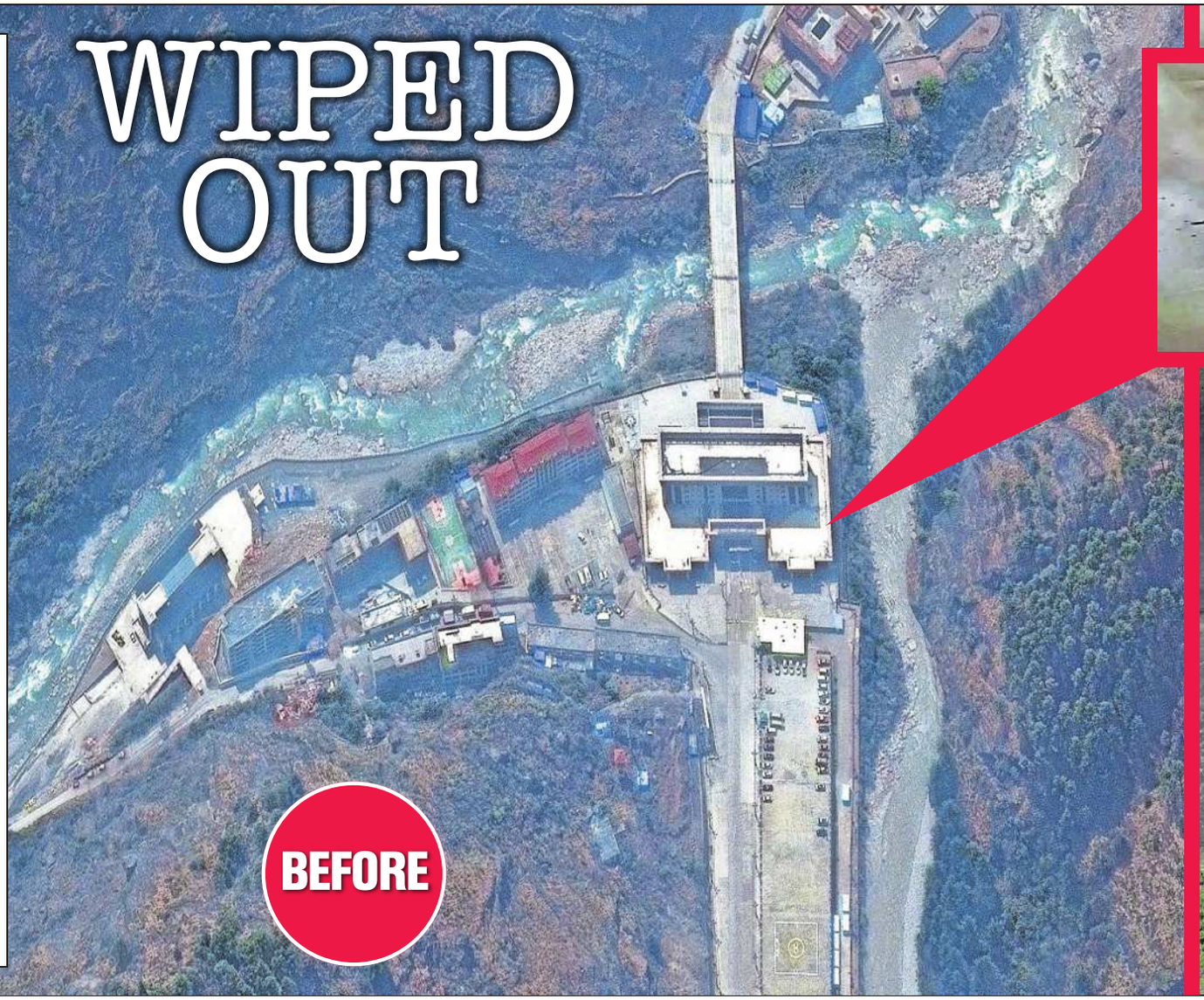
The area, which also borders Tibetan county Gyirong, is thought to be the worst hit valley.

A Chinese rescue team said they found "nothing but ruins" when they finally managed to reach the epicentre of the flash floods on Friday.

A group of 21 rescuers with a search dog crossed mountains and valleys using ropes to navigate forests and cliffs after roads were destroyed.

Zou Mingqi, a member of the search-and-rescue team, said: "There was no road . . . it was all virgin forest and sheer cliffs.

"As far as the eye could see, there was nothing but ruins."



BEFORE

AFTER FLOOD DISASTER

SO MUCH

around 60 houses and more than 150 residents before the flood wiped it out almost entirely.

He had married Nepalese Sumitra in June and she had been staying with his family in Sole while he returned home to the UK for work.

His mum Tulisa, 52, brother Pardip, 31, and uncle Madhav, 64, have also disappeared.

We joined Pramod at the start of his trek, some 2,000 metres high in the Himalayas.

He hiked through the mountains with relatives because a bridge leading to Sole was ripped apart by the floods.

Pramod, known as Pedro to his British pals, declared: "Around 90 per cent of the people and all of the houses have been taken by the flood.

"It will be very hard for me to see the village now there is nothing left. I am praying my family were able to escape. Some people have said they have seen my brother and my mum, but I don't know how true that is."

He is one of a number of Brits who have travelled to Nepal to hunt for their relatives after the flash floods, which began near Nepal's border with China-controlled Tibet.

Yesterday, Nepal's disaster authority said the death toll was at least 675, with nearly 3,000 missing.

In a glimmer of hope for the families of the missing, Australian trekker Cara Serevino, 25, has been found safe.

In a statement thanking a rescue crew, Cara said: "My heart goes out to all the Nepalese hikers who lost their lives and towns.

"I feel for the families of those still missing, I know how much my family and friends went through."

Among those who remain unaccounted for are 33 Brits, many of whom were on a pilgrimage to Mount Kailash. The youngest Brit missing is 13-year-old Syna Sahu, from Cobham, Surrey, who was travelling with her family.

The number of dead on the Chinese side is seven, with 554 missing.

Some 93,000 have been affected by the floods but the risk of fresh torrents, caused by two lakes formed by the disaster, continued to ease.

The Sun on Sunday yesterday visited some of the villages ravaged by the floods, where scenes of sadness and destruction were still rife.

Narayan Pyakyrel, 38, was trawling barefoot in thick mud on the banks of a river, looking for the bodies of his two sisters-in-law.

He said: "Six people, including my sisters-in-law, drowned here.

"We've come to look for bodies here every day. We're going through emotional turmoil."

Nepal's finance minister Swarnim Wagle said the country would need $5billion (£3.7billion) to rebuild.

amir.razavi@the-sun.co.uk

Hunt . . . Pramod, right, is also seeking his uncle, mum and brother, pictured above

Obliterated . . . the Nepal-Tibet border facilities

AFTER

Picture: IAN WHITTAKER

Miliband: Welfare of Brits is a priority

By LEN READ

THE welfare of Brits caught up in the disaster in Nepal is a "top priority", Foreign Secretary Ed Miliband has said.

A UK Rapid Deployment Team arrived in the capital Kathmandu yesterday to assist with rescue operations.

It is made up of specially trained volunteers who can be posted at short notice to support British nationals during overseas crises and major emergencies.

The team will help coordinate assistance for Brit nationals arriving at and departing airports.

It will also assist those seeking information about missing relatives and liaise with local authorities and emergency responders.

Mr Miliband said: "Our thoughts remain with everyone affected.

"The safety and welfare of British nationals is our top priority.

"Our staff are working closely with the Nepali authorities, emergency responders and our embassy in Kathmandu to ensure those affected can access assistance and information they need."

The Government has also pledged a £5million aid package.

4 'lost' in Thailand

FEARS are growing for a British family believed missing in Thailand.

Jade Macdonald, 40, her partner Sunny Locke, 34, and sons Lenny, four, and Rocco, two, arrived in Phuket in May

But relatives have not heard from them for weeks and have contacted Dyfed-Powys cops.

Jade's sister Jemma Hearne, of Fishguard, Pembrokeshire, said: "They were last seen in the Bangkok area."

SOILED PANTS

Underpants were buried in 1,000 locations to see how cotton rotted in different soils for a Swiss university study.

WOMEN 'COULD DIE' OVER EARLY RELEASE

Warning . . . Rosie Duffield

WOMEN "could die" if domestic abusers are let out of prison early, a charity has warned.

And independent MP Rosie Duffield – herself a domestic abuse survivor – has said No10 is "gambling with lives".

The Government is due to announce details of its early release scheme on Tuesday.

By KATE FERGUSON

Hundreds of inmates are expected to benefit in order to free up spaces in prisons.

PM Andy Burnham is expected to announce that PC Andrew Harper's killers will be excluded from the scheme, but many other serious offenders are set to walk free. Veronica Oakeshott, from the Women's Aid charity, is calling for domestic abusers to be kept behind bars.

She said: "There is a possibility offenders released under this scheme will go on to murder a victim. For some perpetrators, prison is just a brief pause in a pattern of abusive behaviour which they have every intention of continuing."

Canterbury MP Ms Duffield was subjected to terrifying verbal abuse, humiliation and financial control by a former partner.

She said: "The truth is, I still sometimes look over my shoulder because of my ex. Domestic abusers in prison will have been sitting there stewing, blaming the woman and thinking, 'How can I take her down when I'm out?'.

"Releasing domestic abusers early is gambling with lives. You don't know which one will try to get revenge on his ex."

Advertising Standards Authority
asa.org.uk

So the ASA regulates UK ads, including online?

Oh yes.®

ASA

Legal, Decent, Honest and Truthful

Churchill, 'Churchie' the dog, and OH YES are registered trademarks of Aviva Brands Limited used under licence.

Leader . . . Polanski

Greens' rationed meat call

By SOPHIA SLEIGH

WOKE Greens want to bring back rationing for meat, fuel and flying.

One plan calls for the Government to allocate dairy, meat and petrol in order to "reduce consumption". A proposed motion by the party, led by Zack Polanski, says the move will drive down greenhouse gas emissions.

It says: "Each person to be limited to a certain quantity of these high carbon goods and services during transition to a zero-carbon economy."

Another proposed motion for the party's October conference calls for a 50 per cent cut in animal farming to cut meat and dairy consumption.

Tory chairman Kevin Hollinrake said: "The Greens would hand the state control over what's on your plate."

A Green Party spokesman said: "We received hundreds of motions but we only have time to debate a few of them."

Lunar fly 4's gongs

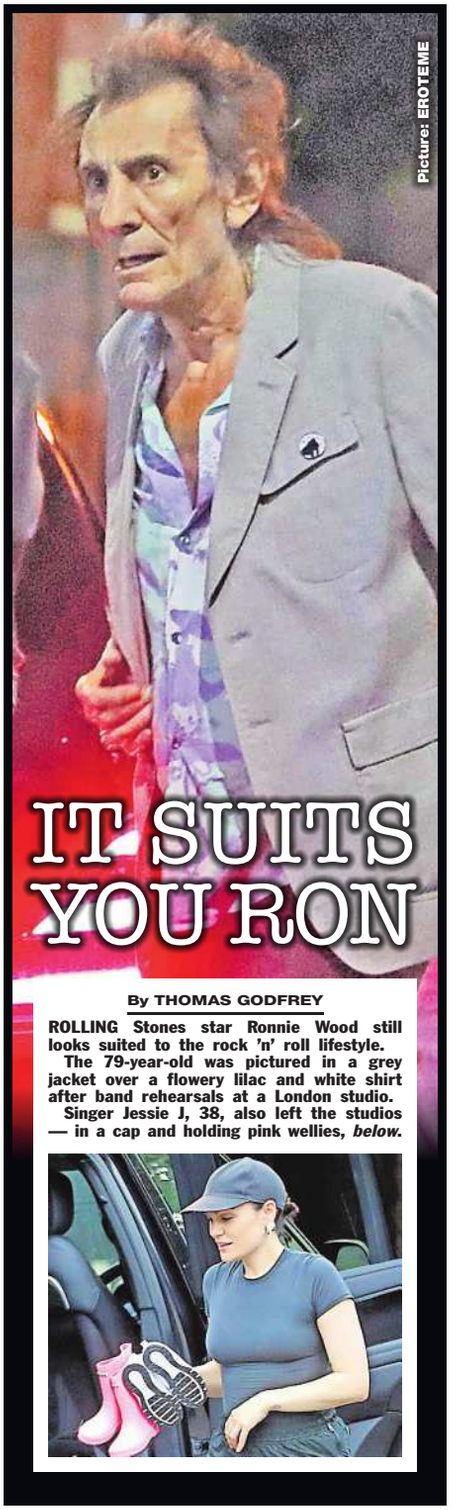
THE Artemis II astronauts who flew around the moon have received the United States' highest space honour.

President Donald Trump gave the Congressional Space Medal of Honor at Houston's Johnson Space Center to the Nasa team of four whose lunar flyby in April set a new distance record.

Americans Reid Wiseman, Victor Glover and Christina Koch and Canada's Jeremy Hansen became the first astronauts to travel to the moon in 50 years.

HOG AND BOTHERED

An influx of ditched baby hoglets at Hedgehog Rescue in Hazelbury Bryan, Dorset, is being blamed on the heatwaves.



Picture: EROTEME

IT SUITS YOU RON

By THOMAS GODFREY

ROLLING Stones star Ronnie Wood still looks suited to the rock 'n' roll lifestyle.

The 79-year-old was pictured in a grey jacket over a flowery lilac and white shirt after band rehearsals at a London studio.

Singer Jessie J, 38, also left the studios — in a cap and holding pink wellies, *below*.

Probe . . . scene yesterday

Van man killed by train at crossing

By JORDAN FARRELL

A MAN died after a train smashed into a van at a level crossing yesterday.

Passengers on the service were left shaken and had to be evacuated on to the tracks as an investigation began.

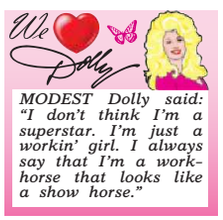
Police said there was one person in the van and he died at the scene in Burscough, West Lancs, despite the efforts of paramedics.

Two on the train suffered minor injuries in the crash just after 3pm.

One passenger said on social media: "Everyone on the train is OK, we are all just stuck waiting to be evacuated." Another wrote: "I'm still on the train with my kids, we are all shook."

Operator Northern said the Martins Lane level crossing crash blocked all lines between Wigan Wallgate and Southport.

British Transport Police said: "The incident is not being treated as suspicious. Enquiries are ongoing to establish the full circumstances of what happened."



MODEST Dolly said: "I don't think I'm a superstar. I'm just a workin' girl. I always say that I'm a workhorse that looks like a show horse."

Search in Channel

A MAJOR Channel search-and-rescue operation was launched last night after a French fishing boat with five people on board reportedly sank off the coast of Devon.

The Coastguard was alerted at about 6pm to a vessel "in distress" southwest of Eddystone Lighthouse, near Plymouth.

A rescue helicopter, a fixed-wing aircraft and RNLI lifeboats were scrambled from Plymouth and Falmouth.

More than 15 vessels were involved in the operation, including French navy patrol boat FS Garonne deployed from HMNB Devonport.

Local news website Plymouth Plus reported the fishing boat had sunk.

ON plastic surgery, Dolly said: "If something is sagging, I'll tuck it or suck it. I'm a self-made woman, and I have the doctor bills to prove it."

'COMFORT' AFTER DIAS SPLIT

World Cup pals . . . Harrison puts arm around Maya

Maya at game . . . and Harrison, left

Maya's Miami Mr Nice

EXCLUSIVE by SCARLET HOWES & BENEDICT ELLIOT

LOVE Island's Maya Jama enjoyed an "away fixture" with a high-flying playboy financier during the World Cup, The Sun on Sunday can reveal.

Harrison Bancroft is said to have "comforted and supported" Maya in Miami shortly after her split from Man City and Portugal defender Ruben Dias.

But yesterday sources close to Maya, 32, insisted that the pair have been "good friends for a long time".

Pictures and video online showed Maya in a bar with 26-year-old Harrison and them together in a chauffeur-driven car drinking wine.

An onlooker also saw them in the rooftop bar of a £600-a-night five-star hotel on Miami's seafront. The onlooker said: "It looked like they were having lots of fun. There was lots of laughter and they were quite flirty with each other."

Maya met with Harrison on a flying visit to the US last month to watch England play Norway in the World Cup quarter-final.

She posted pictures of herself from inside the Miami Stadium where she cheered on the Three Lions stars, and sang Oasis hit Wonderwall with fans after England's 2-1 victory. The same Instagram reel of pictures showed Harrison with his arm around Maya in the hotel bar.

Afterwards the presenter, model and actress had to dash back to London to host Love Island: Aftersun.

She filmed herself in the back of a car with Harrison, saying: "I had my car outside the stadium with my suitcases in so I could watch the match and now I'm on my way to the airport." The pair then sing "football's coming home" before Maya says: "And now I'm going straight to Aftersun so you will see me on live TV Asap."

A source said: "Harrison's a bit of a playboy but he's been friends with Maya for a long time and has been a comfort and support to her. After her split from Ruben she met up with Harrison at the World Cup in Miami and they had a great, fun, time together."

Harrison, from Hertfordshire, owned a Midlands-based business called Bancroft Capital Investments Limited, which was dissolved last year.

He moved to Miami where he became vice-president in May of a tech consultancy firm called InterEx Group.

The Sun revealed that month that Maya and Ruben had split after 18 months of dating. She had left London and moved north to be closer to him, with the pair moving into a mansion in Alderley Edge, Cheshire.

The split came three weeks before Maya flew to Inverness to film her part in the next series of The Celebrity Traitors.

A source close to Maya said: "Maya is in a really great place and enjoying spending the summer with her friends and family ahead of a busy work period." Maya and Harrison were approached for comment.

scarlet.howes1@thesun.co.uk

Perfect for uni

A real home from home is More to Value.

SILENTNIGHT
10.5 Tog Double Duvet
Only
£14.99

SILENTNIGHT
The Big One Pillow
Only
£6.99

LIVARNO
Cordless LED Table Lamp
With Lidl Plus Save £2 Plus ~~£8.99~~
£6.99
30/08/26 - 05/09/26†

LIVARNO
Desk Chair
Only
£48.99

PHILIPS
1000 Series Dual Basket Air Fryer 7.1L
Only
£79.99

Over 80 back-to-uni essentials in store now. Lidl.co.uk

LIDL
More to Value.

Subject to availability from 27.08.2026. Selected stores. Prices correct at time of going to print. Silentnight The Big One Pillow, £6.99, Silentnight 10.5 Tog Double Duvet, £14.99, Philips 1000 Series Dual Basket Air Fryer 7.1L, £79.99, LIVARNO Desk Chair, £48.99. LIVARNO Cordless LED Table Lamp, regular price £8.99, Lidl Plus price £6.99. Offer Valid 30.08.26 - 05.09.26. Each store will receive limited stock. Packaging, sizes & measurements may vary. While stocks last. ǂ18+. GB only. T&Cs apply. See Lidl.co.uk/lidl-plus-term.

Tony Parsons

Follow me on X @TonyParsonsUK

Social media must face a reckoning like cigarette firms

THE world is waking up to the fact that social media is the tobacco of our time.

All-pervasive. Addictive. Toxic.

And this stuff can kill you.

In a landmark legal case in the US, Meta – the owner of Instagram and Facebook – has agreed to pay up to £13billion to settle claims brought by 29 US states that its platforms harmed children.

While denying all wrongdoing, Meta promised to make major safety changes.

Instagram and Facebook will impose daily usage limits, restrict the night-time access of children and enhance measures to stop kids viewing harmful content – while calling on rivals TikTok and YouTube to implement similar measures.

"We want to get this right for parents and teens," said a Meta spokesman.

Making social media safer for our children is a noble goal.

But how safe can it ever really be?

It feels like big tech just had its big tobacco moment.

In 1950, an article published in the British Medical Journal linked smoking to heart disease and lung cancer for the first time.

Nearly 50 years later, in 1998, the four largest US tobacco companies reached a massive £150billion settlement with 46 US states for tobacco-related healthcare costs.

In 1998, my father had been dead from smoking-related lung cancer for 11 years and my mum was dying from it.

My parents grew up in an age when smoking was considered sophisticated, cool – even healthy. In the middle of the last century, the tobacco giants actually had men in white coats lying that their product was positively good for you. "Give your throat a vacation," sighed one Camel campaign. "Smoke a FRESH cigarette."

My father and mother both gave up smoking years before they died. But it still killed them – and many of their generation.

Now there is a new poison on the market.

What nobody yet knows is what social media is doing to the mental health of the youths who are growing up with it.

The US states who brought legal action against Meta – whose CEO is Mark Zuckerberg – claimed it used its platforms to "entice, engage and ultimately ensnare youth and teens" while ignoring the damage it did to "the mental and physical wellbeing of America's youth".

In Australia, they have gone further than anywhere else in restricting the use of social media among children.

Australia's social media ban for under-16s came into effect in December last year, with tech giants facing fines of up to £26million for failing to block children's accounts.

But despite the ban, social media use is on the **RISE** among Aussie under-16s. It has become the equivalent of a sneaky fag behind the bike shed – something the cool kids do.

There is a mental health crisis among our young but the final bill for the generations growing up with social media will not be known for decades.

The recent spate of "joyriding" – such a wretched misnomer – is enabled, encouraged and urged on by social media platforms. "Joyriding" clips would simply not be happening if cretins were not chasing the fleeting fame of clicks. Lives are being lost, or ruined forever, because some pathetic little bastard in a balaclava ("no face, no case") is chasing likes on TikTok.

BOSS . . . Zuckerberg

"You rag a car, annoy the cops and get loads of people watching on TikTok," one thicko told this newspaper. "I've got 700 followers." All this human misery – for 700 followers on TikTok!

The toothless Online Safety Act ostensibly exists to require tech companies and social media platforms to protect their users from harmful content.

It is simply not working. After The Sun's investigation into joyriding, TikTok removed content glorifying dangerous driving. It hardly needs to be said that these social media platforms should not need policing by newspapers. They **PROFIT** from harmful content. It should not have to be taken down – because it should not be on there in the first place.

As we learn from Australia, getting our kids to kick the habit will be no easier than it was to get my dad to quit his Old Holborn roll-ups, or for my mum to ditch her Silk Cut.

And as we just learned from the courts of America, social media companies must eventually face the same legal – and moral – reckoning that the cigarette giants finally faced.

Their product can destroy lives.

So when these mega-rich corporations profit from harmful content, we must hit them in the only place they will ever care about – the bottom line.

Because ultimately, they feel the same way about your children as the tobacco companies felt about my parents.

They don't give a damn.

HERO . . . PC Harper

KEEP KILLERS CAGED

A PETITION to prevent the early release of two of PC Andrew Harper's killers has now passed one million signatures.

No government can ever ignore that kind of public outcry.

Police chiefs have reportedly been told that Labour plans to tweak their widely despised Early Release Scheme legislation to keep Albert Bowers and Jessie Cole locked up.

This pair of smirking toerags have displayed not a shred of remorse.

They were sentenced to 13 years for manslaughter.

And under Labour's Early Release Scheme, they are STILL due to be released after just six-and-a-half years.

May I respectfully suggest that Justice Secretary Alex Norris pull his finger out?

Keeping these cretins caged for the full length of their sentence feels like the very least our Government can do.

You could lock them up for a lifetime, and they would still be getting off lightly for taking the life of PC Harper.

ALL eyes are on the young co-stars of glossy thriller, The Shards.

Homer Gere and Kaia Gerber looked gorgeous on the cover of Vogue. They looked lovely watching Roger Federer play in New York.

And I have no doubt at all that they look fabulous in The Shards.

But why does the world care?

Because Homer's dad is Richard Gere and Kaia's mum is Cindy Crawford, and their parents were once a hot item.

And because nepotism increasingly makes the modern world go round.

Dolly changed the world with kindness

DOLLY Parton was a one-woman Lennon and McCartney.

The country music legend, who has died at the age of 80, was also a film star, a consummate performer, a literacy advocate and a pretty good stand-up comedian.

"I have small feet," Dolly liked to quip, smiling above her globally famous decolletage. "Because nothing grows in the shade."

But above all, this fabulous woman was a songwriter.

Legend has it she wrote I Will Always Love You – a strong contender for the greatest love song ever written – on the SAME DAY she wrote Jolene, probably the best song ever written about sexual jealousy.

Dolly demurred at the legend, because both classic songs were written during the same creative burst in 1973.

And she had no need to big herself up.

Her mentor in Nashville was country legend Porter Wagoner, who inspired I Will Always Love You. Made famous by Whitney Houston and embraced by millions as the ultimate hymn to romantic heartbreak, the song was actually about Dolly's professional split from Porter. She may have been as sweet as molasses, but she had plenty of Smoky Mountain grit in her.

Married to her late husband Carl Dean for 59 years, she never had children of her own. "My songs are like my children," she said. "I expect them to support me when I am old."

And nobody did more to change the lives of millions of children.

Dolly grew up in grinding rural poverty up in the Great Smoky Mountains of Tennessee – one of 12 children with a father who could neither read nor write. In memory of her beloved dad, Dolly set up her Imagination Library, mailing more than 300million books to some 150m children.

Dolly Parton changed the world. And she did it all with that 50million-dollar smile.

SUPER . . . Sweeney

SYD'S STAR'S FALLEN

SYDNEY SWEENEY squeezes into a Wonder Woman costume – yet something feels not quite right.

The obvious difference between Sydney as the Seventies superhero and Linda Carter's original Wonder Woman is, of course, that Sweeney is a blonde and Carter was a brunette.

But it is more than that.

Wonder Woman lasso? Check.

Wonder Woman tiara with red star? Check.

Then what about that weird midriff area – the gold cosmic cummerbund linking the top half of the outfit to the bottom half?

REAL STAR . . . Linda

But no – Linda Carter wore exactly the same thing, although her gold was of a much brighter and shinier hue.

Then it clicked – it is Sydney's Wonder Woman pants that are so jarring.

Or rather, the stars on Sydney's pants.

There are not nearly enough of them.

Wonder Woman's pants were emblazoned with stars beyond counting – an entire Milky Way of stars.

And Sydney Sweeney has only a handful of white stars on her blue Wonder Woman knickers.

But then I finally realised what was REALLY troubling me.

Fifty years after the Seventies, I can still vividly recall exactly what Wonder Woman was wearing.

THE King and Queen announce they are going on an autumn tour of the Caribbean on the very same day that a private jet flies Harry and Meghan back to the UK.

The Duke and Duchess of Sussex are back!

And Charles and Camilla are off!

I am sure it is just a coincidence.

THE Sun ON SUNDAY SAYS 30|08|26

ANDY BURNHAM'S honeymoon is well and truly over.

On Tuesday he will finally have to stand up in Parliament and tell MPs what his plans really are.

The weeks of carefully placed soundbites and soft policy initiatives will finally be met with the hard reality of hostile questioning.

It is time for some straight talking, particularly on the economy.

Last week Mr Burnham was making sympathetic noises to the business community. He has indicated that helping firms will be one of the big themes when he addresses MPs.

Criticism . . . Ashley

'Deluded' PM must listen to business

The PM said he was "acutely conscious" of how hard the trading environment is on the High Street and vowed: "I'm trying to make life easier."

But it all sounds like classic Burnhamism. Warm words to lift expectations tempered by the "challenging" fiscal backdrop.

His predecessor Sir Keir Starmer liked to call this "realistic hope". And look where that got him.

If the PM really wants to help he must cut business taxes and lower the cost of creating jobs.

But don't just take our word for it, Mr Burnham. Listen to the people who actually run big firms.

Mike Ashley employs 30,000 people. He calls the PM's ideas on reviving the High Street "delusional".

Lord Stuart Rose was boss of Marks and Spencer, which employs 65,000 people. He called Mr Burnham's plans "a lot of b******s".

And today Lord Richard Walker, chairman of the Iceland supermarket which employs almost 30,000, has a direct message: "Make it cheaper to employ people, invest and grow."

If Mr Burnham wants to help employers he must listen to their critical voices.

Growing business not only boosts the economy, it also gets Neets into work and lowers the welfare bill.

That's a triple bullseye.

Make sure you hit the target, PM.

We've hit a brick wall

RUINOUS energy costs don't just wreck family budgets.

They also hold back our industry.

Construction experts say British-made bricks are now so expensive that it is cheaper to buy them from Europe. Last year we imported a staggering 352million.

This crushing energy price burden is stifling firms and jobs.

As he plans his budget, Andy Burnham should remember one thing:

You can't build a better Britain if it is all made from foreign bricks.

the SUNDAY ISSUE | ICELAND STORES BOSS ON WHY GOVT MUST BACK BUSINESS, NOT BAILOUTS

Dear Prime Minister,

Stop focusing on the cost of living, start focusing on getting Brits to work

BRITAIN must stop managing decline and start rewarding work again.

It's time for British politics to stop focusing on the cost of living and start focusing on the cost of getting Britain back to work.

That's my view as a businessman and the former government's Cost of Living Champion, where I argued strongly for more targeted help for families who simply could not absorb soaring household bills.

That was the right thing to do, but now we need to face our uncomfortable truth head on.

We cannot fix the cost of living as Bailout Britain in which every problem is answered with another subsidy, benefit or demand on businesses to pick up the bill.

Because ultimately there is only one sustainable answer to the cost-of-living crisis: A country that grows, creates good jobs and allows people to keep more of what they earn.

Brave decisions

That is why I welcome Andy Burnham saying he wants to be a pro-business Prime Minister.

He is right to talk about investment and wealth creation. Britain badly needs both.

But warm words towards business won't be enough. The Prime Minister and his new Chancellor, John Healey, now need to be brave enough to change the direction of the economy.

And their first priority should be simple: Make it cheaper to employ people, invest and grow.

Businesses do not create jobs in a vacuum.

Every rise in employers' National Insurance, every punishing business rates bill, and every other additional cost imposed by Whitehall changes the calculation about whether to create another job.

Those decisions multiplied across every business in the country determine whether Britain grows or stagnates. So the October Budget should begin shifting the tax burden away from jobs and productive investment.

By **RICHARD WALKER**

Former Cost Of Living Czar to Keir Starmer and chairman of Iceland supermarket

Cut the cost of employing people and go further on business rates. Give companies the confidence that if they invest in Britain today, government will not simply come back and tax that investment tomorrow.

The fact is that successful businesses do more to remove poverty than any support programme can.

It's time to make the brave decisions on welfare and use that money to boost business confidence and, ultimately, generate the taxes that pay for our schools, hospitals and public services.

I learnt that lesson early in my career, establishing a business in Poland – a country that has since spent decades investing, building infrastructure, developing skills, attracting businesses and integrating itself into global supply chains.

This month, S&P Dow Jones Indices announced that Poland would be upgraded to developed-market status.

Britain needs some of that hunger again and nowhere is that more urgent than with our young people.

The latest figures show 981,000 young people aged 16 to 24 are not in employment, education or training. Yes, that number has finally fallen below a million. But it is still 30,000 higher than a year ago. As a father, that horrifies me.

Behind that statistic are hundreds of thousands of young lives at risk of starting adulthood without the routine, confidence, skills, friendships and sense of purpose that work can provide.

I believe work is a moral mission. Good work gives people independence and dignity, and long periods without it are associated with poverty and poorer mental and physical health.

Of course there will always be people who are ill, disabled or facing circumstances in which the state must support them. A decent society protects them.

But compassion also means recognising that the welfare state should be a safety net and a springboard, not a system that leaves people who can work parked on benefits and written off.

We need dramatically better routes from school into work: Proper apprenticeships, vocational training and work experience, developing skills that employers actually need.

I therefore welcome the Prime Minister's focus this week on creating more work placements.

But businesses will create far more opportunities if government removes the barriers stopping them from hiring in the first place.

Stake in future

Lower the cost of creating jobs, help businesses invest in skills, and make sure work always pays. We must always give young people a real route into those jobs and stop entry-level jobs being replaced by AI.

Do that and Britain gets a triple dividend. People move from welfare into wages. The benefits bill falls and tax revenues rise. Businesses gain the people and skills they need to grow and, most importantly, a generation currently being offered too little hope gets a stake in the country's future.

I know how painful the cost-of-living crisis has been. But the biggest mistake we could make now would be to confuse helping people through a crisis with accepting the conditions that created it.

Britain cannot redistribute its way to prosperity. We have to build our way there.

Andy Burnham says he wants to get Britain's economy moving again.

Now he and the Chancellor must prove they are prepared to make the difficult choices required to do it.

Peter . . with bride Izzy

TV Piers stumps up to aid groom

By ALEX WEST

CRICKET fan Piers Morgan has chipped in £1,000 to help a bride-groom pay for a private helicopter so he can play at Lord's the day after his wedding.

Team captain Peter Melhuish, 32, was delighted when his side Blackheath CC won a place in the Cawston Press Village Cup final.

But the match is to be held at the North West London ground the day after Peter marries 32-year-old Izzy Upton 240 miles away in Abergele, North Wales.

The five-hour road trip would mean a 5am taxi for next Sunday's 11am start. But a £10,000 flight would be about an hour.

Piers, also a village cricketer, said: "I'm glad you will now be living my dream. Good luck."

Peter, from Guildford, Surrey, said: "It'd be amazing if we can pull something together."

IN 1977, Dolly sang for the Queen at the Royal Variety Show. She recalled: "I was scared to death that I wasn't going to know how to curtsy."

Bar jiver's knife rap

A DAFT dance in a pub cost a tipsy customer £239 when he was caught on CCTV dropping a knife from his pocket.

Trucker Mihai Cazacu, 38, dropped the kitchen blade during the drunken jig towards the bar's exit.

A member of staff at The Duck, in Newark, Notts, spotted the weapon and picked it up, telling the reveller he could not have it back.

Cazacu, of no fixed address, was arrested by police minutes later. He admitted possession of a knife in a public place.

Nottingham magistrates gave him a two-month suspended jail sentence and ordered him to pay £85 costs and a £154 surcharge.

DOLLY said of her wigs: "The higher your hair, the closer you are to God. People ask how long my hair takes to do. I don't know, I'm never there."

BAY'S BROOKS NUDER

NEW Baywatch babe Brooks Nader goes for maximum exposure in a daring outfit.

The actress, 29, nearly fell out of a sheer, ankle-length dress which she shared on her Instagram story with the caption "happy girl".

The Sports Illustrated pin-up slips into the famous red swimsuit, *right*, in the Baywatch reboot which airs in January. Brooks plays Selene, a lifeguard captain on California's Zuma Beach.

She said getting the role was a "pinch-me moment".

The original Baywatch, starring Pamela Anderson and David Hasselhoff, ran from 1989 until 2001.

By LEN READ

EXCLUSIVE

TOP LINO AXED ON CONDUCT WITH A WOMAN

By RACHEL DALE & BENEDICT ELLIOT

PREMIER League assistant referee Simon Bennett has been suspended over allegations of inappropriate behaviour with a woman.

The married £110,000-a-year senior linesman has not officiated this season after a probe was launched when concerns were raised about his conduct.

He last ran the line on May 24, the final day of last season, in Brighton's 3-0 home defeat to Man United.

The former teacher, 41, had been selected and listed as an official by the Premier League for this season but has now gone to ground, it is said.

A source told The Sun on Sunday: "He has closed all his social media accounts and pretty much disappeared since he was suspended.

"The investigation is into his inappropriate behaviour with a woman.

"It has obviously raised eyebrows in the refereeing world because it goes against the grain of the job itself.

"Refs are supposed to ensure high standards on the pitch, so you'd hope they would do the same off the pitch.

"But we have to await the findings of the investigation now."

Bennett, of Kidsgrove, Staffs, studied at Manchester Metropolitan University and taught at The Fallibroome Academy in Macclesfield, Cheshire, before becoming a full-time official.

In action . . . linesman Bennett at game

He has worked in the Premier League since 2011 and it is not known if he is still being paid. He has been on Fifa's assistant referees list since 2013. He occasionally acts as an assistant video referee.

Refereeing body Professional Game Match Officials Limited, now called Pro Ref, the FA and Bennett have all declined to comment.

rachel.dale@the-sun.co.uk

Sex snap cop fired

POLICE chiefs took five years to sack a cop who sent a sexual image of himself in uniform to a member of the public.

PC Sean Llewellyn, 37, sent the inappropriate photo under a fake name on several dates in 2021.

An investigation found the Gwent Police officer had breached professional standards of behaviour.

He quit two days before a disciplinary hearing last week — where he was sacked in his absence and barred from working for any police force.

Supt Sam Payne said: "Sometimes investigations can take longer to get to the hearing stage than we would like."

Balcony fall arrest

A MAN was arrested on suspicion of attempted murder after another male fell from a balcony.

The victim suffered life-threatening injuries and remained in a critical condition in hospital last night.

Emergency services were called to reports he had plunged from flats in Salford, Gtr Manchester, shortly after midnight yesterday.

The incident has been referred to the Independent Office for Police Conduct because both he and the suspect, who is aged in his 20s, had earlier contact with cops, the Greater Manchester force said.

FANCY LIVING TO 100? TRY THESE TIPS

MORE and more of us could live to 100 – but making sure you get there in good health too is another matter.

By SARAH ARNOLD and NADIA COHEN

Latest figures from the Office For National Statistics show there were 15,172 people aged 100 or over in 2025 — a 21.6 per cent increase since 2015.

Some researchers believe advances in medicine and our understanding of ageing could enable more people to reach 110, 120 or beyond.

Leslie Kenny, the co-founder of longevity company Oxford Healthspan, has a biological age of 21 at 61.

The mum-of-two says: "There are things you can do to increase your chances of a long and healthy life. It's about ageing well in terms of your physical, mental and social health."

Here Leslie, who is writing a new book on the secrets to a healthy life, reveals how to add years to your life.

TEN YEARS

Women can gain 10.4 years and men 10.8 years from the age of 40 by ditching ultra-processed foods and choosing wholegrains, nuts, fruit, veg, legumes and fish, as well as less sugar, processed meats and refined grains, a study by the University of Newcastle shows.

NINE YEARS

Going to a 90-minute gig twice a month could add an astonishing nine years on to your life, says Goldsmith's University data psychologist Patrick Fagan.

This is because concerts can increase your feeling of well-being, which has been linked to lifespan.

SEVEN YEARS

Having a purpose for 90 minutes a week, such as helping a neighbour with shopping or picking up litter, could add seven years.

A University of Michigan study of 7,000 over-50s found those with the lowest sense of purpose had a greater risk of dying.

FIVE YEARS

Looking after your grandchildren can help you stay young at heart. Over-70s who provide occasional, non-custodial care, according to one German study, had a 37 per cent lower chance of dying over a 20-year period.

FIVE YEARS

Engaging with the arts just once a month — from visiting a museum to picking up a paint brush — leads to a three per cent slower pace of ageing, says a University College London study.

FOUR YEARS

Being social can keep you happy and healthy.

A comprehensive review of 148 studies involving 300,000 people found they had a 50 per cent greater likelihood of survival if they visited a friend or were in a social group than those with poor connections.

FOUR YEARS

Ensure you kip for six to nine hours a night to maximise rest and repair.

Analysis by health insurer Vitality and the London School of Economics estimated this healthy bedtime habit could extend your life by up to four years.

FOUR YEARS

Longevity expert Sir Muir Gray recommends 30 minutes of brisk walking a day to reduce your risk of dementia by 30 per cent, heart disease by 35 per cent, Type 2 diabetes by 50 per cent. He reckons it can add an average of 4.2 years to life expectancy.

TWO YEARS

This is your call to eat oily sardines once a week. People with higher levels of omega-3 in their blood live an average of 2.2 years longer than those with lower levels, according to the Harvard School of Public Health.

TWO YEARS

A study found drinking coffee two to three times a day could help you to stay alive for an extra two years. It is an important source of polyphenols, a compound that has anti-inflammatory effects.

TWO YEARS

Whether you are reading The Sun on Sunday or a book, a Yale University study found over-50s who read for 30 minutes a day live an average of 23-24 months longer than non-readers.

ONE YEAR

Eating moderate amounts of dark chocolate can lower your risk of stroke due to its high antioxidant content and extend your life expectancy.

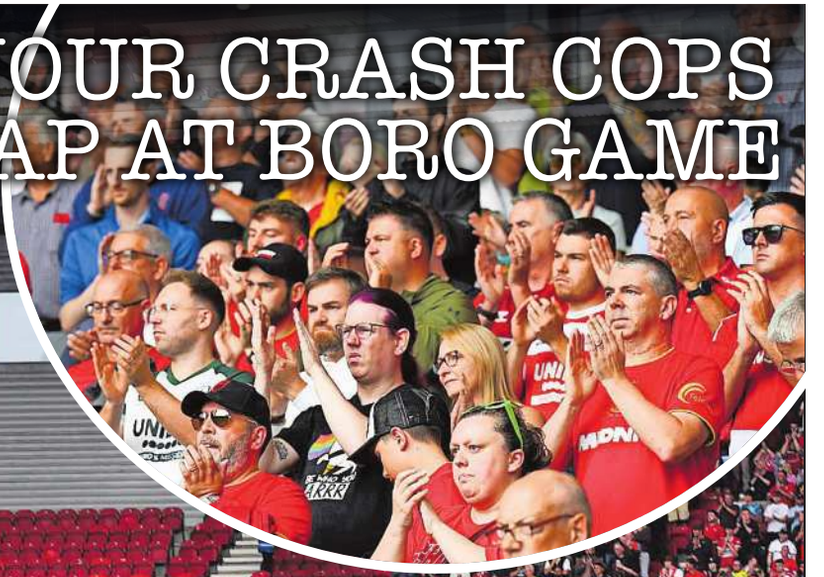
FIX YOUR FINANCES FOR LATER LIFE MONEY PAGE 36

'Olding back the years

In Store | Click & Collect | Delivery

Selected stores. Subject to availability. In store prices shown. Slumberdown Just Sleep 13.5 Tog Single Duvet, was £20, now £10. Slumberdown Just Sleep Pillows 2 Pack, was £12, now £6. George Home White 12 Piece Dinner Set, was £12, now £10. George Home Black 1.7L Kettle, was £13, now £9. George Home Black 2-Slice Toaster, was £13.50, now £9.50. Collection, delivery and minimum basket charges may apply. Collection/delivery slots subject to availability. May exclude Asda Express and small stores, see ASDA.com/smallstores.

FANS HONOUR CRASH COPS
30,000 CLAP AT BORO GAME



Tribute . . screen & fans

A SALUTE TO HEROES

Dedicated . . . PC Clough

By THOMAS GODFREY and ROBIN PERRIE

THOUSANDS of football fans yesterday paid an emotional tribute to two police officers killed in a horror smash linked to gang violence.

The near 30,000 crowd at Middlesbrough's Riverside Stadium stood and applauded PC Tom Clough, 38, and PC Matthew Blades, 37, before yesterday's 3-1 win over West Brom.

The cops died when their patrol car was hit head-on by a Volkswagen Passat driving on the wrong side of the A66 near Middlesbrough after a police chase early last Saturday.

Moments before the match, the Championship club told fans: "We are showing our appreciation for the dedication and hard work of both men and Cleveland Police in protecting and supporting our local community.

"The commitment shown by officers and staff, often in challenging and demanding circumstances, plays a vital role in keeping residents safe and helping people feel secure in their homes, neighbourhood and local area."

Mourned . . . FC Hartlepool, where PC Blades coached kids, yesterday

As both sets of fans, players and the officials applauded, photos of the PCs were shown on a big screen.

One Middlesbrough fan said: "It's been a nightmare week for the town but especially for the officers' families.

"It was brilliant the club decided to do this tribute and the fans couldn't have backed it any better.

"It just goes to show that the vast majority of people in Middlesbrough are good, honest, decent people."

FC Hartlepool, where PC Blades coached kids, also held a minute's applause before a local league game. The crash also killed the five young men in the Passat, Michael Robert Cahill and Jakub Matusiak, both 23, Makai Saddington, 18, and 17-year-olds Theo Rae and Cole Worthy.

Some 24 suspects have been arrested in connection with the smash, which sparked tit-for-tat attacks in an apparent gang turf war.

Valentina Foster, seven, and her aunt Natalie McDonald, 34, died in a suspected arson attack on Wednesday.

Jaden Wright, 23, arrested on suspicion of murder over the fatal fire, was remanded in custody by Teesside JPs yesterday on GBH and strangulation charges relating to a separate incident.

Support . . . PC Blades

Goading . . . biker near police

Clips of chases after A66 carnage

EXCLUSIVE by THOMAS GODFREY

SICK social media clips showing joyrides and police chases are still live a week after the wrong-way crash near Middlesbrough that killed seven.

The Sun on Sunday found ten clips on Instagram, Snapchat and YouTube despite government calls for dangerous footage to be removed.

In one, a 17-year-old TikTok yob, who we are not identifying, is seen driving, according to his car's speedometer, at 165mph.

The 25-second clip, posted shortly after last Saturday's A66 carnage, was removed by TikTok on Monday, but not before thousands had seen it.

Another video still on the same account shows the teenager driving during a police chase.

We also found a Snapchat clip of biker joyriders goading police cars into a chase, Instagram accounts dedicated to high-speed pursuits and YouTube clips of crashes during joyrides.

Defence minister Luke Pollard has warned social media firms to remove posts featuring content that "celebrates dangerous behaviour on our roads".

The content is not automatically illegal under the Online Safety Act but can be removed by platforms if they deem it to violate their terms. The platforms were asked to comment.

Speeding . . . motorbike yob

3 WEEKS TO THE BIG STRICTLY

Beach landing . . . Don

Death of D-Day's boy hero Don, 101

By LEN READ

A D-DAY hero who lied about his age to join up has died aged 101.

Don Turrell was 17 but forged a letter from his parents saying he was 18.

He later landed at the age of 18 on Sword Beach in Normandy a few days after June 6, 1944 – and did not think he would survive the fierce German onslaught.

Don's death was revealed by Dick Goodwin of the Taxi Charity For Military Veterans.

He said of Don's D-Day heroism: "Told to expect a dry landing, he stepped from the landing craft into water up to his neck. Surrounded by bodies from the previous days' fighting drifting around in the water."

Don was later seriously wounded in battle and used his rifle as a crutch to limp away. He was medically discharged.

He lived in Frinton-on-Sea, Essex, and leaves a daughter and son.

Texts . . . Churchman

'Escobar' of Buxton threat to slice ears

By PAUL SIMS

A COCAINE dealer who called himself the "Pablo Escobar of Buxton" threatened to cut off rivals' ears, a court heard.

The threat – likening Liam Churchman to the Colombian drug lord – was in phone texts found by police during a raid in the Derbyshire town.

They also seized cocaine and scales at the property last year.

Other videos showed the bearded 37-year-old packing drugs, Derby crown court heard.

Police had arrested the dealer the year before after he crashed his car fleeing from another raid.

Churchman, of no fixed address, admitted supplying cocaine and driving dangerously during the police chase.

He was jailed for five years and nine months.

Police said: "These have been lengthy investigations – but it's good to see Churchman behind bars where he belongs."

CRISTIAN SLIP OVER INSTA PIC

WHOOPS . . . Cristian's snap with fellow newbies revealed Strictly set

NEW pro dancer Cristian Priori slipped up by inadvertently sharing a snap of the new set on his social media.

The Italian Latin champion, 34, posted a selfie with the four other new pros – Ukrainian Aleksandra Isaeva, South African Lethabo Monametsi, Bournemouth-born Maddie Ingoldsby and Canadian Mark Karmalita – to his 9,000 Instagram followers. But it featured the Strictly dancefloor in the background and the huge glitterball beneath scaffolding, which appeared to reveal a glimpse of the opening scenes for the new series starting next month.

MISSTEP . . . Cristian's in hot water

A source said: "He was reminded by a member of the team that it showed some staging that wasn't on TV yet so Cristian decided to delete it."

G FARCE

Pro dancers' fury as Giovanni criticises them in his book

FLOORED . . . Strictly pros stunned by Gio's revelations in his new book

STRICTLY'S pro dancers have been left shocked and hurt after Giovanni Pernice slated them in his new autobiography.

The Italian ballroom star said he felt abandoned by the group when he was axed from the show in 2024 following bullying complaints by actress Amanda Abbington.

Writing in Gio: Taking The Lead, the 35-year-old added that pro dancers "drink before the live show" while some engaged in horrific rows.

The revelations come just three weeks before Strictly's big relaunch following the departure of hosts Tess Daly and Claudia Winkleman.

A source said: "Many of them have been taken aback by the things that Giovanni has accused them of.

"He has started a guessing game now with his allegations and all of them have been tarnished.

"Some feel that he is trying to bring them down with him.

"They are doing their best to stay focused on the new series and can't publicly comment on his claims, but it's certainly left bad blood between them.

"Ironically, many of them still follow Gio on Instagram, and vice versa, and no one wants to be accused of snubbing him further. The book has just made a difficult situation ten times worse.

'Darkest days'

"The pros have been back in rehearsals over the last few weeks and even though there has been some chat about the book, they've been trying to focus on the new show. They've all got a job to do at the end of day."

Meanwhile, Strictly judges Shirley Ballas and Anton Du Beke have been publicly supporting Giovanni's book by liking his posts on Instagram.

Defending his behaviour towards Amanda, the dancer wrote: "There are still people on Strictly whose behaviour is far worse. One choreographer has been bullying, screaming at all the pro dancers, for years. Others drink before the live show."

EXCLUSIVE by
HANNAH HOPE
Showbiz Editor

He added: "Even when we were on tour, tensions could run pretty high. There was once one horrific argument on the tour bus between a male and female pro.

"She had said something about his performance that didn't land very well. He was drunk and started screaming and shouting at her, in front of all the other pros, the celebrities and the producers. She was left in floods of tears.

"But on the whole, screaming rows are rare. The resentments tend to come out in a more bitchy, backstabbing way, whispers behind the back and comments to the producers.

"On the show, we had been constantly told we were a 'family', suggesting a happy bunch who all look out for each other. The reality was very different.

"In my darkest days, there was no 'family'. With the exception of the judges, it felt that they all turned their backs and looked the other way. There were a handful I had thought were good friends who went very quiet. I felt hugely betrayed by those I'd been closest to."

Amanda last weekend gave a statement regarding the memoir, which also claims she did a Nazi salute in front of him.

She said: "It's sad, though not surprising, that Giovanni is continuing down this route. He is grossly mischaracterising what happened to suit his own narrative."

Earlier this month, The Sun on Sunday revealed the BBC paid her a five-figure out-of-court settlement after her legal complaint over alleged mistreatment by Giovanni. The BBC upheld some of her claims and apologised to her after a five-month inquiry.

Strictly will be back for its new series in September, with bosses planning a tribute to Dolly Parton, who died aged 80 this week.

Gavin & Stacey actress Melanie Walters is tipped to star in it after her character Gwen was surprised by Ruth Jones as Nessa and Rob Brydon as Uncle Bryn performing Dolly and Kenny Rogers' hit Islands In The Stream.

RELAUNCH...AND IT'S ALL HOTTING UP

THERE SHE GLOWS . . . Dani getting ready for last year's Strictly before being forced to pull out due to injury

DANI DYER BIAS ROW

A ROW about favouritism has broken out after it emerged that contestant Dani Dyer and head judge Shirley Ballas are very close.

The pair climbed Mount Kilimanjaro together in 2019 to raise money for Comic Relief. They were joined on the gruelling eight-day trek by several other celebrities including Ed Balls and Dan Walker.

A source said: "Shirley and Dani have been through a tough experience together, which bonded them for life. Shirley was like a second mother to Dani during that trip and they spent quality time together.

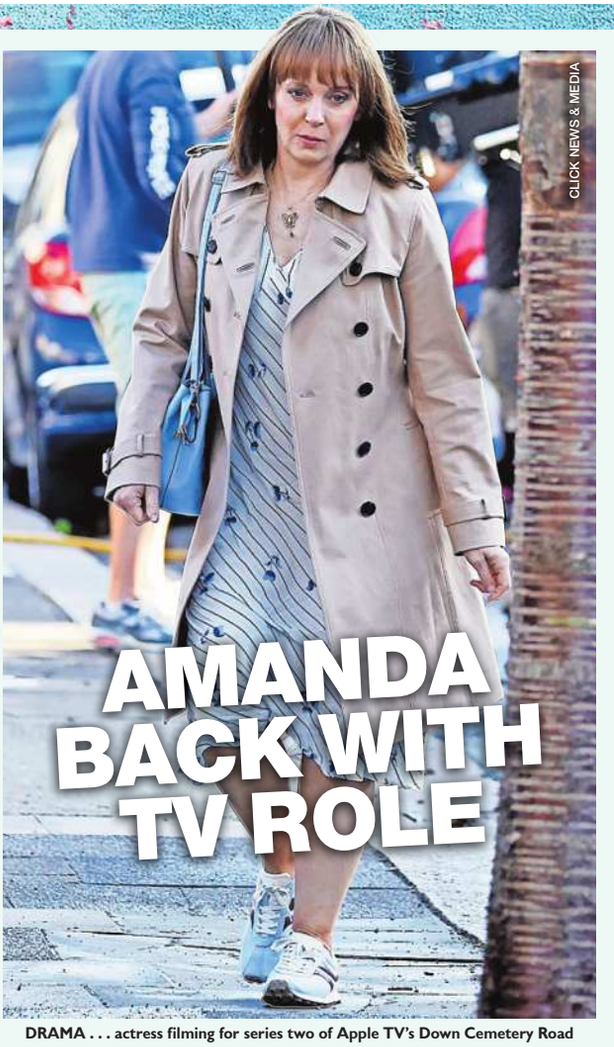
"Some pro dancers are worried that Shirley will favour Dani and be less tough on her because of their shared history. Of course, Shirley is a professional but it is hard to be objective when you have a genuine soft spot for someone."

A source added: "Shirley also did the hike with Dan Walker and was able to objectively judge him, even voting him out in the Dance off."

Dani was set to take part in last year's series with Nikita Kuzmin, but was forced to pull out days before the first live show when she broke her ankle.

At the time she said: "To say I'm heartbroken is the biggest understatement. I am so going to miss dancing with Nikita but will be watching closely and cheering all the couples on."

PALS . . . Shirley and Dani gearing up for 2019 Comic Relief trek



CLICK NEWS & MEDIA

AMANDA BACK WITH TV ROLE

DRAMA . . . actress filming for series two of Apple TV's Down Cemetery Road

By HANNAH HOPE

AMANDA ABBINGTON has landed a major TV role opposite Oscar-winner Emma Thompson as she puts her Strictly Come Dancing bullying ordeal behind her.

The 54-year-old Sherlock star was snapped filming Apple TV drama Down Cemetery Road in North London last week wearing long brown locks, floral dress and a mac.

The prestige project, from the makers of Slow Horses, also features Ruth Wilson.

An onlooker said: "Amanda was all smiles on set as she got back to work after the Strictly drama.

"It was a busy and large-scale production, everyone seemed to be focused and working hard. Emma was also on set in character."

The pair are working on the second series of the highly acclaimed detective show, which was released last year, and followed a missing girl and house explosion.

It is Amanda's first big telly role since the 2024 Strictly crisis involving Giovanni. The Italian pro was put under investigation after Amanda complained about his treatment of her during rehearsals for the 2023 series.

He denied any wrongdoing. The BBC has since apologised to Amanda, upheld some of her complaints and given her a five-figure payout.

DOWNCAST . . . Amanda during rehearsals in 2023

While she has appeared in several theatre productions, Amanda questioned whether she would ever work in TV again.

She said previously: "I don't know what the industry thinks of me at the moment.

"I've been immersed in the aftermath of it all for a year.

"I don't know whether I've been cancelled or whether people don't like me any more, but I know I did what I did for the right reasons. I feel good about the future."

The series is due to be released next year.

OSCAR-WINNER . . . Emma filming in North London

Lunch for 75p*

Tesco
£1.09

Lidl
75p

Packing a winning lunch is More to Value.

LIDL
More to Value.

Subject to availability. Selected stores. *Price per lunch based on serving suggestion for 5 & pro-rated use of items. Purchase of full packs necessary, which will exceed the per lunch price but leave left overs for future use. Excludes lunchbox. GB Only. Prices correct and checked at tescos.com on 24.08.26. Prices and packaging may vary. Tescos may sell other products at other prices.

Star player . . . Amelia

Cricketer Amelia's gift of life to others

By ALEX WEST

A TEENAGE cricket star who died after collapsing at a match donated her organs to help other people in need.

Amelia Jones, 14, died earlier this month following a medical episode at the Grampound village ground in Cornwall.

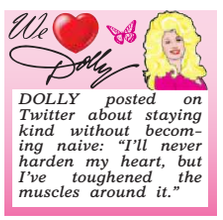
Days earlier, she had captained Cornwall Girls against Glamorgan in the under-14s age group.

Her family said: "She loved netball and cricket and had so many interests and little things that made her wonderfully and uniquely Amelia.

"She was exceptionally talented and academically gifted. The decision was made to donate her organs to help other suffering families.

"Her passing has left an unimaginable void in the lives of everyone who knew and loved her."

A fundraising site to help her family, which includes twin sister Charlotte, has raised more than £12,000.



DOLLY posted on Twitter about staying kind without becoming naive: "I'll never harden my heart, but I've toughened the muscles around it."

Store up for Xmas

TESCO, Sainsbury's, Asda and Morrisons already have Christmas promotions in their shops.

Many of the chains' stores have started selling festive chocs and biscuits.

Tesco has items such as Cadbury Christmas puds.

Morrisons has Countdown to Christmas stands with advent calendars and selection boxes.

Sainsbury's is stocking festive Bourbon Twists, and Asda has signs up saying "merry Christmas".

One shopper said: "It's 17 weeks away. Leave Christmas till November."

Morrisons said: "We start selling Christmas products a few months before Christmas because some of our customers like to plan in advance."

WHEN asked how she maintained her trademark glamorous appearance back in 2012, Dolly said: "It takes a lot of money to look this cheap."

BRIGHTON

Buffeted by wind & rain on seafront

Picture: DAVE MCHUGH

RED, WHITE AND BLEW

A MODETTE with a Union Jack umbrella feels the force of the wind.

She battled stormy conditions on the seafront in Brighton yesterday during the annual mods bank holiday celebrations at the resort.

Meanwhile, the beach at Weymouth, Dorset, was almost deserted under grey skies. It was a stark contrast to the scenes there earlier this month during the fifth heatwave of the year.

Umbrellas were also out in force as people punted on the River Cam in Cambridge. Forecasters predict more heavy showers today and tomorrow as well as a risk of thunderstorms.

By BRENDAN McFADDEN

WEYMOUTH

CAMBRIDGE

Sea change . . . beach yesterday & weeks ago. Below, punting

Festival death is probed by cops

Fatal collapse . . . emergency crews at scene on Friday

WAS SIGN SECURED?

THE death of a man killed by a falling sign at a Christian festival is being investigated by police.

They are examining whether or not the structure was properly secured before it collapsed, with witnesses claiming it was blown over by strong winds.

The 41-year-old man, from Eastbourne, East Sussex, was crushed when a huge wooden archway gave way on Friday. Another six people were injured, two seriously.

Fred Abbott, a father of four, was sitting nearby when the structure fell at the sell-out Big Church Festival near Steyning, West Sussex. He described hearing a "massive crack and bang" and joined an estimated 30 to 50 people who scrambled to lift the heavy wooden sign off the injured festival-goers.

By LAUREN UTTLEY

Archbishop of Canterbury Dame Sarah Mullally was said to be "sad and shocked" by the fatality. She said: "I pray for his family, friends and loved ones as they grieve.

"I pray for those receiving treatment, and the healthcare workers looking after them.

"And I pray too for the other festival-goers, staff and event organisers as they come to terms with these tragic events.

"May the God of comfort and healing be with them all."

The three-day event, founded in 2009, is the UK's biggest Christian music festival with all 40,000 tickets sold. Organisers later cancelled the event and said: "Big Church Festival is about bringing people together. That community is grieving. We are heartbroken."

Det Chief Supt Richard McDonagh, of Sussex Police, said: "This is a tragic incident and our thoughts go out to the man's family and friends at this incredibly difficult time.

"I recognise the immense distress this will have caused people at the festival, and we are working with a number of partners as we seek to establish exactly what happened.

"We're urging anyone with information to come forward."

lauren.uttley@the-sun.co.uk

BIZ

HANNAH HOPE'S

This week who I would...

SNOG

OLIVIA ATT-WOOD for keeping us in high spirits with her delicious Savano canned cocktails.

MARRY

CHERYL COLE for her stunning campaign with Nivea for the second year running.

AVOID

LEAVING the house without an umbrella. What a turn around in the weather.

KATIE GOES GREEN

IT was hard to miss KATIE PRICE as she performed a nine-song set in a lime green leotard at Manchester Village Pride on Friday night.

The former glamour model said: "As you know, I'm not a professional singer, so bear with me.

"If there are moments that I'm a bit off, I don't give a f***. You're going to have to help me out. I'm currently recording my album because I don't care what anybody says. You don't need a record label these days."

Katie also flirted with the crowd, saying: "There are so many fit people in here." It comes as Katie's husband LEE ANDREWS remains behind bars in Dubai. I am sure it will give her lots of material for her next album.

MOVING . . . model

CAPRICE SELLS OLD HAUNT

CAPRICE BOURRET is selling her haunted London home for £12million as she relocates to Ibiza.

The model's six-bedroom Notting Hill mansion is on the market while she has moved to the White Isle with her financier husband Ty Comfort and their two sons.

But the star previously revealed the one-time Working Men's Club had a ghost problem.

She said: "I had a rabbi and three ghostbusters over, two ran out. I'm like, 'I've paid, you can't just run out!'"

Recalling one encounter with the ghoul, she said: "Ty looked at the baby monitor and saw a woman in a long dress hovering over the boys' cots. When he ran into their room, nobody was there."

She's not exactly selling it.

IT'S MAAS HYSTERIA

LOVE Island's **SHAKIRA KHAN** has got her boyfriend hooked on fairy porn books.

The reality TV beauty was introduced to the Fifty Shades-style fantasy stories by Dragons' Den investor **SARA DAVIES** while they were filming game show The Box, which begins on ITV1 and ITVX on Saturday.

Now Shakira's Love Island match **HARRY COOKSLEY** is loving the raunchy A Court Of Thorns And Roses series by **SARAH J. MAAS**.

She said: "Harry reviews the books on TikTok."

TEAR IT UP, ARI

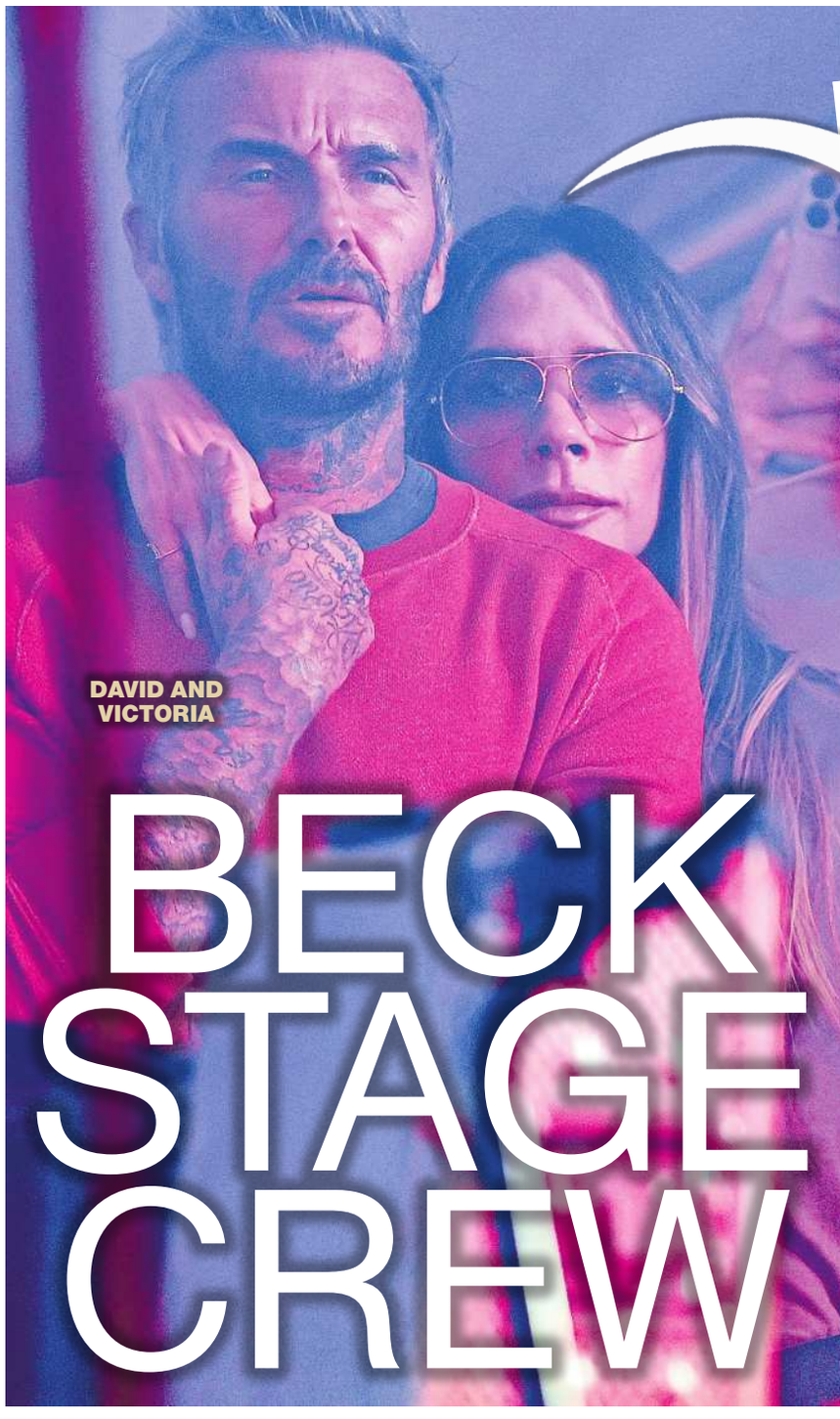
ARIANA GRANDE had to hold back the tears during her London residency.

The singer welled up during her track Hampstead which is a reference to the area in the north-west of the capital where she lived during filming for Wicked.

She said: "Oh my gosh, I am so emotional as I only have a couple of shows left. I love you guys so much."

The hitmaker was on the eighth of her ten nights at the O2. Thank you for lighting up London, Ari.

FAMILY SEE CRUZ



DAVID AND VICTORIA

BECK STAGE CREW

WHO HAVE YOU SPOTTED?

ROD STEWART at The Grundon Community Stadium, Hertfordshire last Saturday watching Alvechurch FC play Bishop's Stortford.

CATE BLANCHETT leaving her show Electra/Persona at London's National Theatre on a bike on Saturday last week.

ON SUNDAY

PEPSI PRESENTS READING AND LEEDS 27-30 AUGUST 2026

with EMILY WEBBER

Got a story? Call or WhatsApp 07929 209431

PLAY LIVE AT READING

BRAND BECKHAM was out in force at the Reading Festival yesterday.

DAVID and **VICTORIA**, along with children **ROMEO** and **HARPER**, were there to support son **CRUZ** as he made his festival debut with his band **CRUZ BECKHAM AND THE BREAKERS**.

Posh Spice had her arm around her husband as they watched from the side of The Canopy stage.

Meanwhile, Harper looked stylish in her khaki green waterproof and black Hunter wellies as she stood at the front of the stage.

Romeo also got the fashion memo in a camouflage-print jacket and black beanie.

Cruz's girlfriend **JACKIE APOSTEL** supported him by sharing the band's merchandise on Instagram. She posted a picture of herself in a T-shirt saying "Cruz Beckham sang to me" and captioned it: "Reading, we might have some cute shirts for you gorgeous people at the show tomorrow."

It comes after the four-piece band released debut six-track EP Wear & Tear last week.

Cruz was the fourth nepo baby to take to the stage at Reading over the weekend. **GENE GALLAGHER**, son of **OASIS** frontman **LIAM** and **ALL SAINTS** singer **NICOLE APPLETON**, was there with band **VILLANELLE**.

COLDPLAY frontman **CHRIS MARTIN**'s son **MOSES** performed with his band **PEOPLE I'VE MET**.

And **VIOLET GROHL**, daughter of **FOO FIGHTERS' DAVE**, also played.

They are certainly chips off the old blocks.

TWO OTHER NEPO BABIES PLAYED TOO...

KAYA HAS FOUND NEW GENTLEMAN

AMONG the murky underworld of thugs and murders on GUY RITCHIE's gangster comedy The Gentlemen, I can reveal that romance has blossomed behind the scenes.

The second series of the Netflix hit, which stars THEO JAMES, VINNIE JONES and MAYA JAMA, will return to our screens on Thursday.

The Netflix hit, which stars VINNIE JONES and MAYA JAMA, sees an aristocratic family turn to a life of crime.

But now KAYA SCODELARIO, who plays crime boss Susie Glass, and director ERAN CREEVY have struck up a romance.

They were seen holding hands at the tennis at Wimbledon last month in matching white outfits.

Eran also posted a pic on Instagram of the pair kissing in front of Alexandra Palace in North London during the open-air summer series last month.

A source said: "Eran and Kaya are in the early stages of a relationship and have seen their romance blossom over the summer.

"There is speculation that they may make their red carpet debut together at The Gentleman premiere next week."

KISS . . . Kaya and Eran in selfie

Kaya, *below*, who also played Effy in Channel 4's Skins, and American actor BENJAMIN WALKER announced their separation in 2024. The couple, who wed in 2015, share a son and a daughter together.

They said in a joint statement: "Some time ago Kaya and Ben made the joint decision to end their marriage but continue to co-parent lovingly whilst remaining the best of friends."

Season two of the Netflix series will premiere at The Guildhall in London on Wednesday.

RIRI SPECIAL GUESTS FOR JAY-Z NIGHTS

JAY-Z is heading to London next week as he continues his 30th anniversary tour.

The American rapper will play the Tottenham Hotspur Stadium on Friday and Saturday – three decades since the release of his debut album Reasonable Doubt.

And I can reveal he will be bringing some girl power too, as **RIHANNA** and wife **BEYONCE** are set to join him on stage.

Beyonce, *below right*, could sing on their 2013 track Drunk In Love on Friday, which is her 45th birthday, while RiRi, *left*, may feature on their 2009 collab Run This Town and her 2015 song Bitch Better Have My Money. A source said: "Jay-Z and Beyonce love London so this will be a special night. Beyonce will truly have a birthday to remember and the fans will be delighted to see her."

Beyonce and Rihanna previously joined Jay-Z, *below*, on stage at the Yankee Stadium in New York last month.

Bey and Jay-Z have returned to the Cotswolds ahead of his huge concerts in North London next weekend.

The Sun previously revealed how the couple had called off a permanent move to the celeb hotspot.

And I can't imagine this rain will convince them to stay.

CHUGGS from Made In Chelsea sipping Beluga Vodka at Maison Hana by Ameerah in Fulham, South West London, on Friday.

LAWRENCE ROSENBERG from this year's Apprentice at Bushey station in North London on Friday.

Made In Chelsea's MELISSA TATTAM posing for a pic outside Waitrose in Parsons Green, South West London on Friday.

THE Sun SAVERS

sunsavers.co.uk TikTok: @sunsavers Facebook.com/thesunsavers

DEAL OF DAY

PICK up Apple AirPods (4th generation) in Argos's tech sale, down from £119 to £95.20 with code RED20.

SAVE: £23.80

CHEAP TREAT

GET pop for your pound with Angel Delight's mango jelly and passion fruit bubble dessert snack pots, down from £2.85 to £2 for four at Morrisons. Also available in strawberry, blueberry or lemonade flavours.

SAVE: 85p

What's new?

FANCY a break north of the border? Leonardo Hotels' Advantage Club members get 20 per cent off if they book getaways to selected Scottish hotels before 8am tomorrow. You can join for free.

HOW TO GET FULL VALUE FROM SCHOOLWEAR

Laundry lessons

GETTING kids kitted out for the new term can cost a fortune, so make sure you keep school clothes in good condition.

By MEL HUNTER

A few simple habits can help uniforms stay fresh, clean and smart for longer.

Save on costly replacements with these tips . . .

HANG IT ALL: One of the easiest ways to make a uniform last is to get children into the habit of changing out of it as soon as they get home.

And encourage them to hang their clothes up. Crumpled clothes will look tattier and often they end up being put in the laundry basket sooner, costing you more in energy bills.

SPORTING CHANCE: PE clothes get whiffy after days at the bottom of a bag. Get kids into the habit of unpacking their kit as soon as they get home.

If it's extra-pongy, add half a cup of bicarbonate of soda to the machine with your usual detergent.

And a paste made from bicarbonate of soda and white vinegar makes short work of stubborn sweat patches.

STAIN PAIN: Grass, mud, ink and make-up can all wreak havoc on school clothes, so it pays to keep a stain remover in your cleaning cupboard.

Stardrops The Pink Stuff Miracle Laundry Oxi Stain Remover, 500ml, gets good reviews and is £1.50 at Sainsbury's.

For trickier marks, try Dr Beckmann Stain Devils, £2.99, dr-beckmann.com.

KEEP WHITES WHITE: White shirts, socks and PE tops can turn dull after repeated washing. Do whites separately from coloured clothing to keep them bright and avoid cramming too much into the machine. If a white top has a colourful logo, a colour catcher is the answer. A pack of 40 Dylon Colour Catcher sheets costs £3.75 with a Nectar card at Sainsbury's, down from £4.90.

MARK-IT DAY: Avoid clothes disappearing into the lost-property pile by naming everything before term starts.

You can get a Haber laundry pen with labels at Asda for £1.48. Mark stationery with a dab of nail varnish, so kids can put the right things back in their pencil case.

● All prices on page correct at time of going to press. Deals and offers subject to availability.

Little helper

NECTAR card users can get half-price on selected fruit and veg at Sainsbury's. The deal includes sweetcorn, peppers, mushrooms and British baby gems potatoes.

TOP SWAP

£29.99

SWITCH on the rechargeable lamp, *above*, currently £29.99 from laura-james.co.uk or light up your life with the Livarno cordless LED lamp, *below*, £8.99 from Lidl (£6.99 for Lidl Plus members).

SAVE: Up to £23

From £6.99

SHOP & SAVE

GREAT for gym bunnies, the UA Studio Lite bag is down from £36 to £25.20 at underarmour.co.uk. It comes in a range of colours.

SAVE: £10.80

HOT RIGHT NOW

BUY a 20-pack of Walkers assorted crisps for £3.50 at Iceland – reduced from £5.25, saving you £1.75.

THE Sun RAFFLE

250 PRIZES TO BE WON

Join Sun Savers - download the app or sign up at sunsavers.co.uk

Opt in to The Sun Raffle

ABC123 Enter your unique code

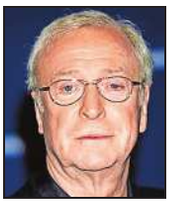
PLUS! You can use this code for Sun Savers competitions and offers too...

IS YOUR CODE WORTH £100?

YOUR CODE

18+ UK only (excludes Isle of Man & Channel Islands). Multiple code collect. See full T&Cs at sunsavers.co.uk/terms

Need help with Sun Savers? Email help@thesun.co.uk



Recordings . . . actor

Caine's using his voice for A.I. fight

EXCLUSIVE by ELEANOR GUNN

SIR Michael Caine is lending his voice to a project exploring how technology can help combat online deepfakes.

The star, 93, has made recordings for the study into how well people can tell between real speech and AI-generated voices.

Participants will compare them to a vocal replica of the actor.

Dr Ben Gibb-Reid, of the University of York, said the project would study linguistic features that may act as "tells" of authenticity, and contribute to the need for voice-rights protection.

Get Carter actor Caine said he was pleased to help if his voice "can help protect the public from harmful deepfakes".

It was revealed yesterday that actors including Hugh Bonneville are backing the Save Our Voices Now campaign, which urges the Government to stop AI firms using their voices without permission.

ON her attention-grabbing outfits, the country singer said: "I describe my look as a blend of Mother Goose, Cinderella and the local hooker."

Stabbed at school

A BOY of 15 has been locked up for knifing a classmate at school.

The victim, also 15, was stabbed in front of other terrified pupils. He had emergency surgery for a stomach wound.

The attacker, who can't be named, smuggled two kitchen knives into the school in March.

He gave no comment interviews and the reason for the Nottingham stabbing was not explained.

At the city's crown court, the boy admitted wounding with intent and possessing a blade.

He got five years and seven months in a young offender institution.

Det Con Jaspal Nijjar said: "The victim could have lost his life."

WHEN asked about the key to her success, Dolly said: "Above everything else I've done, I've always said I've had more guts than I've got talent."

FREDDY'S STAR POOCH

Drinkies . . . Pablo and pal in a bar

A dog's life . . . Pablo on Instagram

Awayday . . . pooch takes the bus

Bully for you . . . Pablo in shades, his ex-owner Freddy and attack wounds

EXCLUSIVE by EMILY WEBBER

TELLY star Freddy Brazier's dog has a new lease of life as a social media personality.

Pocket bully Pablo faced being put down after he was seized by cops following two attacks on Freddy, 21, and his nan Jackiey Budden.

Pablo now has a new home in North London — and his own Instagram account where he can be seen in sunglasses and a gold chain.

His owner said: "I wanted to give Pablo a second chance. There is no such thing as a bad dog."

Freddy, the son of the late Big Brother star Jade Goody, needed stitches after he was mauled by Pablo hours after he wounded Jackiey, 69, in Bermondsey, South London.

FINED £20K IN ROW WITH EX

CARROLL GIVEN JAIL WARNING

Outside court . . . Carroll

FORMER England footie ace Andy Carroll has dodged prison in a court cash row with his reality star ex-wife.

A judge said he could have been jailed after repeatedly breaching an order banning him from non-essential spending.

Chelmsford county court heard that Carroll spent

EXCLUSIVE by THOMAS GODFREY

£69,181 that should have been preserved ahead of a five-day financial hearing next month.

But his lawyer said: "I would submit £69,000 is a drop in the ocean, given how much is involved, including significant legal fees."

In the 2019 Sunday Times Rich List, Carroll had a fortune of £19million.

The 37-year-old faced ex-Towie star Billi Mucklow, 38, as he admitted five breaches of a financial order. He is said to have splashed out £5,556 for new wheels on his car, given £10,000 to his girlfriend's brother and paid for his parents' building work.

Jenna Lucas, for Ms Mucklow, insisted: "Nothing was necessary expenditure. He has, I submit, thumbed his nose at the order of this court."

But Lauren Lanson, for Carroll, said: "He is not the most organised individual with control of his finances.

"He has other people who do that. He focuses on his work as a professional footballer." Carroll, who attended court with girlfriend Lou Teasdale, was hit with a fine of £20,000 after District Judge Teresa Foss reckoned that a prison term would be "too high a sanction".

He faces trial next year over allegations that he broke a non-molestation order.

The ex-Newcastle, Liverpool and West Ham star joined National League South side Dagenham and Redbridge in 2025 after spells with French clubs Amiens and Bordeaux.

Great value in every aisle

£4.50

£2
10 Pack
Clubcard Price

TESCO finest

Better than Half Price

£16.25

£10
Clubcard Price

£1.50

£1
Clubcard Price

Red Bull Energy Drink 12 x 250ml: Clubcard price £3.33/litre, regular price £5.42/litre, ends 01/09. Tesco Finest 10 Traditional Pork Sausages 667G: Clubcard price £3/kg, regular price £6.75/kg, excludes NI, ends 01/09. Tesco Finest Lightly Sea Salted Crinkle Cut Crisps 150g: Clubcard price £6.67/kg, regular price £10/kg, excludes NI, ends 01/09. Available in the majority of larger stores and online. Excludes Express, Isle of Man and Whoosh. Clubcard/app required. Delivery charges and some exclusions may apply

TESCO
Every little helps

Jane Atkinson

jane.atkinson@the-sun.co.uk

Bake Off's Prue can back off on school dinners

DING, ding! Two foodie heavyweights are squaring off in a conflict you never thought you'd see.

It's a surprising clash but Jamie Oliver and Prue Leith are heading towards a simmering feud over school dinners.

This week, 20 years after Jamie sent the Turkey Twizzler disappearing off menus and towards the big bird in the sky, his activist charity exposed just how bad our kids' school dinners still are.

As part of its involvement with the School Food Project, which aims to help schools improve the quality of their food, Bite Back analysed nearly 400 secondary school menus and found 76 per cent had at least one confirmed breach of the current School Food Standards. More than half were still dishing up processed burgers and sausages, nuggets and goujons (think modern-day Twizzlers) and more than a third offered hash browns as a regular breakfast or break option.

Doesn't sound overly healthy, does it?

But hours later, fellow chef Prue chirped in. And her solution?

Force all kids to eat school dinners and ban all packed lunches to help children stay healthy and experience the "joy" of trying different foods.

She obviously has not taken a blind bit of notice of Jamie's new report or thought about how kids are guaranteed to head straight for those nuggets if they are on offer. Her comments make her sound like a sandwich short of a picnic. What she said could make sense if all school lunches were healthy, but as many are clearly still a big fat, greasy mess, it doesn't.

BAD TASTE . . . Leith

She admits the ban would be radical and "draconian" (you don't say, Prue!) but thinks it is necessary because "you can't police what parents put in" lunch boxes.

Wow. Next she'll be wanting CCTV to watch what Mum and Dad are dishing up at home.

Prue explained: "It's very hard if you're a mum walking around a supermarket with your child, and a child wants to have that chocolate bar and whatever in their lunch box.

"It's really hard because it's an easy way of sort of pleasing a child, and it's an easy way of almost buying love."

It's also very hard for a kid to ignore the hash browns their pals are tucking into when the school canteen smells like McDonald's.

She really does have a low opinion of parents, doesn't she?

Most of us are smart, most of us do care about what our kids put in their bellies and most of us make sure they're eating a reasonable diet.

Greasy muck

We dodge the temptation of that confectionary aisle in Tesco and order online instead so we can shove what we want in that lunch box and chastise our kids if they return with a full Tupperware.

Doing that is easier than policing school dinners when we are nowhere near that pile of warm, tempting, fried food. Let's not forget some kids have allergies and some can only eat certain foods too that school dinners can't cater for.

If you shop wisely, healthy packed lunches can be so much cheaper than the canteen offerings. But now, in the wonderful fluffy world of former Bake Off queen Prue, she wants free dinners for all kids.

Sounds great. How admirable. But who is paying for it all? If you shove that cost on to our skint Government we are all going to be coughing up for this greasy muck anyway.

It's a ridiculous idea. And Jamie would tell you that.

From this new term all kids whose parents are on Universal Credit will be eligible for free school food, which is the right thing to do. For those who can't afford to give their kids a hot meal of any kind, this will be a welcome relief.

Those who are having to pay, though, must be allowed to decide for themselves, to choose what their own hard-earned cash is spent on and what they feed their own kids.

Yes, some parents will make terrible choices. But if someone wants to fill a lunch box with junk, that's their responsibility.

Don't punish every sensible parent for the stupidity of others.

Only when school dinners are fixed can we really talk turkey, Prue. Until then, leave the parenting to the parents.

And keep your hands off our lunch boxes.

FLAWLESS . . . Cheryl's complexion is amazing and, *below*, in Nivea ad

Think you'll look like Cheryl? You've been ad

CHERYL Tweedy has landed a Nivea deal for a second year running.

Good on her because she truly is a walking advert for looking amazing. I might pop and buy myself a tub and I, too, may suddenly get puffed-up cheeks and flawless skin.

Can't wait. Thanks, Cheryl.

BACK . . . Harry & Meg

MEG'S PARTY PANIC

CAN we all please spare a thought for the parents at Archie and Lilibet's new school.

Forget the chaos at pick-up time with stay-at-home dad Harry collecting the sprogs along with his army of security. But just think of the birthday parties.

That invite to the local soft play, the passing of that scruffy parcel, and pizza washed down with squash just won't cut it any more.

Imagine Meg and her themed bashes, calligraphy-labelled party bags, array of home-made produce for the little cherubs to chuck about – and not to mention the NDA to sign at the door before you escape after two hours.

Sends a chill down my spine.

MY favourite Dolly Parton story is the one told by Julia Roberts about when they filmed Steel Magnolias together.

Julia tried to whinge about the hot weather but the late, great Dolly told her: "When I was a little girl, I wanted to be famous and I wanted to be rich, and now I'm both those things. I'm not going to complain about it."

We could all be a bit more Dolly. She was the original influencer.

WHAT A WEASEL

RUPERT Grint has a cheek, hasn't he?

He was one of the first Harry Potter stars to hit out at JK Rowling over her stance on trans issues.

But now he's snapped up a lucrative Broadway role to reprise his role as Ron Weasley.

His morals out the window, the cash in his pocket.

He's a weaselly money grabber.

But what about the theatre? They're a disgrace for hiring him.

I just hope that it's a flop.

TRAGIC . . . host Jenni

BRIGHT LIGHTS DANGER

PRESENTER Jenni Murray tried to make a difference when she hosted Radio 4's Woman's Hour. I hope she can continue to do so after her tragic death.

An inquest heard this week that her fatal car crash was triggered by headlight glare. It's a growing problem.

So many people now hate driving in the dark because they are dazzled by lights.

It's time to regulate headlight intensity and alignment before more people suffer the hideous consequences that Jenni did.

TOP Gear is coming back. I truly wish it wasn't. The BBC may be very excited, but if ever there was a show that should come with a trigger warning, this is it.

There have been too many safety cock-ups, crashes and injuries.

This is one classic that should be shoved in the garage and kept there.

ADHD BILL IS RIP-OFF

THERE'S a new report slating companies that charge a fortune for people to get diagnosed with ADHD and autism.

Some are billing the NHS up to £3,000 a pop for an ADHD diagnosis, and there are 800,000 people on NHS waiting lists for an assessment in England.

Under an initiative called Right To Choose, they can be assessed privately and the NHS will pick up the bill. Great.

But I don't just blame the assessors, I blame some of those who want an assessment.

Those who have managed to live their lives perfectly well for decades.

They've navigated school, work, relationships and family life but suddenly need a label on their heads.

Unless they've actually truly struggled, I really don't get the need.

'TAX RISK' 400 IN GONGS BLACKLIST

MORE than 400 public figures are on an honours "blacklist" due to their controversial tax affairs.

HMRC officials, asked to vet possible recipients of awards such as a knighthood or OBE, have put 33 in a "high risk" category, and judged another 377 to be "medium risk".

An official transparency release showed that of the 410 total for the last 11 years, 135 high-profile people were placed in those categories in just the last two years.

EXCLUSIVE by ANDY BUCKWELL

It said: "The Honours and Appointments Secretariat may ask HMRC to advise about any potential risk posed to the Government and the Crown by honours candidates in respect of their tax affairs. Checks are requested on a proportionate basis, taking account of the level of the honour and individual's profile."

'Snubbed' . . . McIlroy

Last year it was reported that golfer Rory McIlroy, 37, lost out on a knighthood in the New Year's Honours after an intervention by tax officials.

A Government spokesperson said: "The main honours committee takes into account the risk rating alongside other information to decide whether to recommend the award of an honour."

Save up to £100 on indoor freefall experience

50% OFF

IT'S SOARSOME . . . family fly through air at skydive wind tunnel

iFLY INDOOR SKYDIVING

CHOOSE FROM FIVE LOCATIONS

THE O2 LONDON
MANCHESTER
BIRMINGHAM
BASINGSTOKE
MILTON KEYNES

Best prices guaranteed

READY to take your next day out to new heights?

Grab an exclusive 50 per cent off first-time flyer experiences at iFLY indoor skydiving and enjoy savings of up to £100.

It's a great price – the best price you can get, guaranteed.

Experience the feeling of freefall without having to jump from a plane at any of five iFLY locations – THE O2 LONDON, MILTON KEYNES, BASINGSTOKE, MANCHESTER and BIRMINGHAM.

From excited three-year-olds to grandparents, iFLY is the kind of experience you will be talking about long after you have landed.

At iFLY you meet your instructor before you fly and they will run through everything you need to know before you get kitted out.

Next, you will step inside the state-of-the-art vertical wind tunnel, where fans create wind speeds of up to 150mph, lifting you off your feet and into the air.

Choose from two, four or ten flights – depending how much "airtime" you fancy. The first two options include a virtual-reality experience at an extra cost, the ten-flight option is great for those visiting in groups.

There are two ways to claim . . .

1 Download the Sun Savers app or sign up online at sunsavers.co.uk. Go to the Offers section and click Start Collecting on the 50 per cent off iFLY page.

2 Collect THREE Sun Savers codes. We will print one daily to Saturday. Today's is on Page 24.

3 From tomorrow, click the Book button. You will receive an email with a discount code and steps on how to book iFLY tickets.

OR you can join Sun Club at thesun.co.uk/club for £1.99 a month or £12 for the first year. Get access to this offer from tomorrow with no need for codes.

■ Whichever entry route you choose, flights must be booked by September 29 and take place before January 1, 2027. A £3 booking fee applies at checkout when purchasing tickets.

T&Cs: 18+ residents of England, Scotland and Wales only. Sun Savers multiple code collect August 29 to September 5, 2026, or subscription to Sun Club or digital subscription required. Online access required. Booking closes 11.59pm on September 29, 2026. Non-transferable & non-refundable. Offer valid on a first-time flyer experience only at all iFLY venues in England. Flights must be booked by September 29 and must take place before January 1, 2027. Subject to availability. Not valid on voucher purchases. Cannot be used in conjunction with any other offer, discount, voucher or promotion. Further T&Cs apply, see sunsavers.co.uk or club.thesun.co.uk/sun-club. Sun Club new customer offer: £1.99 per month or £12 for the first year, then £19.99 thereafter unless you cancel at least seven days before your next billing date. Full T&Cs apply, see thesun.co.uk/club.

EXCLUSIVE: HOW

From
GRAEME CULLIFORD
in Benidorm

DRESSED conservatively, Julie Potter looks a picture of respectability as she fills out a 32-page benefits claim for a total stranger.

The expat boasts that, over the past decade, she has helped hundreds of pensioners apply for Attendance Allowance payments worth more than £5,000 a year.

The payout – from the UK Government – is intended for people of state pension age with disabilities, or such serious health issues they are unable to care for themselves.

But we can reveal that Julie, 59, who lives with her husband Barry, 63, in Spain, runs a thriving business helping people game the system.

Our undercover team arranged a meeting with the former office manager as part of an investigation into our overseas benefits bill, which costs taxpayers up to £10million a year.

Julie met semi-retired war photographer Peter Jordan, 67, who does have genuine health issues including prostate cancer, which was diagnosed in April last year.

He also suffers from tinnitus, loss of smell and partial deafness after experiencing explosions in Ukraine and occasionally has a bad back, which he treats with paracetamol.

'Very honest'

Peter takes statins for his high cholesterol and is on antihistamines for a condition called globus sensation – a painless feeling of having something stuck in your throat.

He remains active and demonstrated this to Julie by getting up several times to walk around.

But by the time she finished filling out his claim, able-bodied Peter had been reduced to a child-like state incapable of being left safely on his own for more than four hours.

Peter told Julie that he could "struggle putting socks on sometimes" and gets "cramps in his hands".

Julie stated he struggled to walk independently and had difficulty standing up from a chair, climbing stairs and getting out of bed.

She also said he needed help going to the toilet along with dressing, washing, drying, shopping, cooking and cutting his food, and required constant monitoring at night.

Boasting of her near 100-per-cent success rate, Julie told our undercover team: "We've gone for the high rate [of Attendance Allowance] by saying the risk of falling, and the risk of not hearing or smelling a fire. That's not needing help on a daily basis. But we can't say when there is going to be a fire."

Our investigation was launched following a tip-off from a whistleblower who knows of expats in Spain boasting they had received full Attendance Allowance "then were dancing on a table the next day".

Julie and her hubby hand out leaflets up and down the Costa Blanca on campsites popular with Brits, which state: "Do you live in Spain and receive a UK state pension? Thousands of people are missing out on benefits they are entitled to. You could receive £60-£90 per week. Full discretion assured."

Our reporter contacted Julie, who owns static caravans in Murcia – where she lives – and Blackpool, posing as a concerned relative calling on behalf of his uncle.

Within a few minutes, she agreed to drive two hours to meet the "uncle" at a rented apartment in popular holiday resort, Benidorm.

She explained she would charge 50 Euros for filling out the form and that he would also need to pay her the first four weeks of his Attendance Allowance – which could total as much £458.40 – once the claim had been approved. The UK Government website states people of state pension age can apply to receive between £76.70 and £114.60 a week for personal support.

When Peter asked Julie what his chances of success were, she said there were only two potential issues – one, if he settled in Spain after Brexit and two, if he received an overseas pension.

Julie said: "I'm very honest with people. If I think they won't get it, I'll tell them."

But Julie – who claimed to have received training from Age Concern – exhibited a complex relationship with the truth once we sat down with her on Monday.

A detailed analysis of the claim

Claims she made on form about our undercover Sun on Sunday man

(Reality in brackets)

- **Unable to cook meals** (A friend sometimes takes over when he is cooking)
- **Needs round-the-clock care from a friend who has a key to his flat** (Friend pops round occasionally and doesn't have a key)
- **Has difficulty rising from a chair and walking. Needs help getting in and out of bed, showering, and has to be taken to the toilet six times a day.** (He didn't make these claims and got up several times during the interview. Said help with personal care would be 'embarrassing')

DO YOU LIVE IN SPAIN AND RECEIVE A UK STATE PENSION?

Thousands of people are missing out on benefits they are entitled to.

You could receive between £60 - £90 per week!

- Do you have a disability or illness that makes everyday tasks difficult?
- Do you rely on others for help / support?

You could be entitled to financial help from the UK whilst living in Spain.

This benefit is not means tested, so your savings or any other income will not affect your claim.

We can support you through the claims process. Full discretion assured.

For further details, please contact:

HAND OUT . . . Julie's flyer given to expats

EASY IT CAN BE TO CLAIM BENEFITS

ON A ROLL . . . expats on mobility scooters go for a spin in Benidorm

Expat helps Costa Brits game system to get up to £5K a year welfare...paid by UK

DOLE SCORERS

HELPING HAND . . . Julie arrives for interview with our undercover claimant
Picture by PETER JORDAN

form, which we photographed, and the transcript of our taped conversation shows various discrepancies.

These include Julie writing down that Peter receives round-the-clock care from a friend who helps with "shopping, support to appointments, cooking, day-to-day living and dressing".

She also said the friend was a key holder and emergency contact.

But Peter explained a friend pops round occasionally but doesn't have a key to his apartment.

She also ticked a box stating that Peter "needs help getting in and out of bed".

When Julie asked if Peter needed help with "personal care" such as toileting or showering, he replied: "No, that's a bit embarrassing."

She stated that he needs help looking after his appearance twice a day, washing and drying himself twice a day, using the shower once a day and that he needs to be taken to the loo six times a day and has difficulty rising from a chair and walking around.

None of these claims were agreed to by Peter, who repeatedly rose from his chair during the meeting.

He did mention that he occasionally used a seat when he showered, which prompted Julie to ask if he had installed grab handles. Peter joked: "That would be handy!"

Ability to exaggerate

She said: "So you're going to get them soon? I'll put that down. I'll put in brackets 'being fitted' so again we're not telling any lies."

On another section concerning meals, she wrote: "I am not safe and unable to prepare and cook meals."

This was presumably prompted by Peter saying a friend sometimes "takes over" when he is cooking.

But the gap between the conversation and the contents of the form was startling – and her ability to exaggerate ailments boundless. She also seemed adept at coaching her customers, at one point telling Peter: "Like I said, always be truthful with your answers. If you always use the lift, just say 'I don't use the stairs, I use the lift'.

"Whether you can physically climb the stairs – just say 'I always use the lift'. If you did always use the lift, you wouldn't know if you can climb the stairs because you've not tried it."

Julie concluded that Peter can only be safely left alone for between two and four hours.

Attendance Allowance is not means tested so a person's income is irrelevant – and Julie says the Department of Work and Pensions only recently started calling expats to check the validity of their claims.

Yet with the Government now blowing nearly **£1BILLION** a day on benefits, critics hope a crackdown is on the horizon.

Julie said Attendance Allowance is much easier to claim when a person shares a home with a friend or partner. She admitted: "It's more difficult because you live on your own.

"We've put all the difficulties you have and that you have someone on call if needed, so hopefully that will be enough."

Asked how many Attendance Allowance claims she has filled out on behalf of other people, Julie said: "It's in the hundreds, including England as well.

"I always say to people there's no point lying. You've got to be realistic with the things you are writing.

"People say to me, 'What should I write?' Then other people say, 'Oh no, I do that safely myself.' But when you get into it with them, they can't do it safely themselves – they think they can because they've just got on with it."

The taxpayer will be thankful to hear Peter has no interest in claiming and has asked for the form Julie filled out to be destroyed.

Responding to our article – and claims she has helped people play the system – Julie said: "Attendance Allowance is not just for people that receive support, it's for people that need it.

"I don't lie on forms. I put down what I actually believe. I would never make a false claim.

"I specifically state during the meeting that I wouldn't lie and I encourage them not to lie. I think I am doing this the right way."

Helen Whately, Shadow Work and Pensions Secretary, said: "This is a racket run at the taxpayer's expense. This scam takes gaming the benefits system to a new level."

The Department of Work and Pensions said: "We thank The Sun on Sunday for raising this, and whilst we cannot comment on individual allegations, we take accusations of fraud extremely seriously.

"We have zero tolerance for fraud. Where investigations show wrongdoing we will seek prosecutions."

Leah . . . with Ollie

Wife sent video of husband hanging

EXCLUSIVE by RYAN MERRIFIELD

A GRIEVING mum was accidentally emailed police bodycam footage of her husband's body hanging in a wood.

Leah Clarke received the clip from a police legal adviser before Ollie Clarke's inquest.

It arrived on March 10, 26 months after his death in Bournemouth – before which he called Leah threatening suicide.

Leah, 25, said: "When the video starts, they're in the woods. I couldn't look away . . . they just found him." She called the clip traumatising.

Next day, a follow-up email explained the video was sent in error. Another stated: "It should not have happened. I make no excuse for it."

Leah, of Derby, is now suing. Dorset Police said it would not comment as a legal claim had been launched.

An inquest jury's narrative verdict said there were missed opportunities to save Ollie, 29.

WHEN asked about retirement, Dolly said she'd prefer to "fall dead in the middle of a great song", adding: "I'll be like Bob Hope, touring when I'm 100."

Big debt to traders

SMALL traders are owed billions in unpaid invoices by some of Britain's biggest businesses, a report claims.

Two in five were paid late in the past year – nearly double the rate seen in 2023 and 2024.

Some £26billion is owed to around 2.2million small traders at any one time, small business support platform Enterprise Nation says.

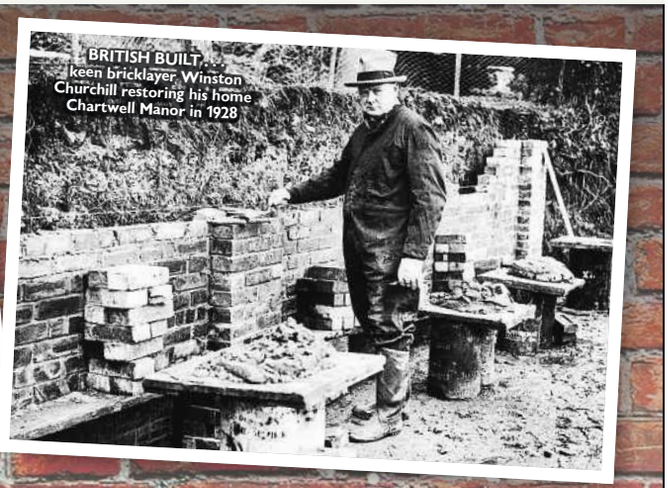
Its CEO Aaron Asadi said it is time to stop punishing small firms, who boost the economy by £2.8trillion every year.

He said: "Billions in working capital is being lent, interest-free and involuntarily, by the smallest firms in the country to some of the largest."

FOREVER looking on the bright side of life, Dolly liked to say: "The way I see it, if you want the rainbow, you gotta put up with the rain."

AFTER GOVT PLEDGE TO BUILD 1.5M HOMES

NOT A LEVEL PLAYING FIELD . . . bricks from EU are cheaper to produce



BRITISH BUILT . . . keen bricklayer Winston Churchill restoring his home Chartwell Manor in 1928

Brexit

HIGH ENERGY COSTS FORCED UK TO IMPORT 352MILLION BRICKS LAST YEAR

PROJECTS . . . Housing Secretary Angela Rayner

By BEN GRIFFITHS and KATE FERGUSON

BRICKS made in Britain are so expensive due to energy costs that construction bosses are turning to cheaper imports.

Despite the UK having around 50 brickworks in our once-envied industry, building firms are opting to buy from countries including Germany, the Netherlands and even India and Bangladesh.

Experts told The Sun on Sunday that crippling energy costs and an unpredictable pipeline of work mean brick-making kilns are continually being switched on and off. This is leading to price increases and a lack of reliability for building firms.

The latest government figures show brick imports soared by almost 12 per cent to 352million last year, with imports accounting for around 20 per cent of the UK market. Domestic production was 1.5billion, with 17million exported.

Our probe found a British-manufactured Ibstock Alderley Mixture red multi wirecut facing brick is advertised at approximately 95p per brick – £950 per 1,000. Yet an almost identical load from the EU, the ET Clay Tamworth Red Multi, is advertised at £720 per 1,000.

'This is a catastrophe'

That is a saving of £2,300 per 10,000 bricks, roughly the number needed for a three-bed house.

Planning expert Nicholas Boys Smith, MBE, who is founder and chairman of Create Streets, said: "Britain's brick industry is in trouble. High energy costs and increasingly stringent sustainability standards are making bricks more expensive and reducing demand. Some factories have already closed.

"This is a catastrophe happening in slow motion which is about to get much worse. We must act now before we murder the British brick industry."

New PM Andy Burnham has pledged to deliver 1.5million new homes by 2029, which would require 15billion bricks – and last month, Chancellor John Healey ordered government departments to "Buy British first" to help kick-start the economy.

Gareth Snell, Labour MP for Stoke-on-Trent, said: "With the Government's house-building bonanza, it should be boom time for British brick kilns.

"And because a well-made British brick will last 200 years, it's good for the environment, too.

"When compared to the diesel-chugging, tanker-imported bricks made overseas or 'sustainable' timber that has a 60-year life span, it's a no-brainer to use British bricks."

In February, Labour MP Adam Jogee introduced a Private Member's Bill pushing for the use of British-made bricks in construction projects.

He told The Sun on Sunday: "We should focus government spending on backing British businesses to boost jobs and growth."

Today construction leaders have called on the Government to slash energy costs to help keep kilns firing. Construction consultant Ian Hodgkinson said: "We have clay beneath our feet. We have brickworks. We have skilled people. We have the engineering knowledge and we have towns and cities that were built on British brickmaking.

"If it is cheaper to transport a heavy brick hundreds of miles than to make it in Britain, the problem is not the brick. It is the system surrounding it.

"It is time to put British manufacturing back at the foundation of British house-building."

In the late 1960s and early 1970s – driven by the post-war housing boom – the UK was producing 6.5 to seven billion bricks a year.

In 2022, that figure stood at two billion and by 2024 it was 1.3billion.

The 50 factories around the UK are mainly run by three companies: Ibstock, Forterra and Wienerberger.

Despite 12,000 UK workers still making bricks and tiles – and 86,000 working in the wider trade – UK production is severely down.

Ian said: "Westminster can't announce a housing target and expect brick factories to increase production the following morning.

"You cannot shut a brickworks down when demand falls and reopen it next weekend.

"Modern brickmaking is an energy-intensive process.

"The kilns operate at temperatures of around 1,000C or more. They need vast quantities of energy and must run efficiently over long cycles.

'Hodful of extra cost'

"If gas and electricity are significantly more expensive in Britain than in competing countries, the British brick begins the race with a hodful of extra cost on its back.

"Factories cannot absorb those additional costs indefinitely."

In Germany and the Netherlands, kilns are constantly on, because energy costs are low.

Ian added: "You cannot blame a builder for trying to control costs.

"If somebody is building 100 houses and can save tens of thousands of pounds on one material, they are under commercial pressure to consider it.

"The wider question is why British industrial costs and procurement practices sometimes allow a heavy product manufactured hundreds of miles away to undercut one made closer to the building site."

According to Trades Union Congress data, an average-sized industrial brickmaking factory in the UK spends approximately £1.2million to £2.5million a year on energy.

Ian, also the on-screen project manager for the BBC show DIY SOS, said: "The Government must address industrial energy costs.

"Manufacturers need an affordable and dependable energy strategy while they invest in cleaner kilns, hydrogen trials and lower-carbon production."

A government spokeswoman said: "The vast majority of bricks used in housebuilding are British, which is why we produce over four times as many bricks as we import, and we always encourage housebuilders to use British bricks."

The Sun on Sunday Says — Page 14

Song . . . McCartney

Sir Paul is turtley devoted

By ELEANOR GUNN

ANIMAL lover Sir Paul McCartney has a special pet – a turtle called Terry the Terrific Terrapin.

The 84-year-old Beatle told a Q&A on his website that Terry has "no complaints, no demands and is very easy-going".

He revealed: "I peel grapes for her. She's very lucky. No one else in the world gets peeled grapes from me." Sir Paul even hinted he might write a song about Terry.

SIDE-EFFECTS OF SEX PILLS

VIAGRA MADE ME HARD OF HEARING

VIAGRA users say the drug left them deaf — while others have complained of flashing lights and drooling.

Blindness, baldness and being unable to drive are also reported side-effects.

Other gripes include a swollen tongue and confusion.

EXCLUSIVE by MATT DAVIS

They were among a total of 1,130 alleged side-effects logged with the Medicines and Healthcare products Regulatory Agency in the past five years.

The most reported one was headaches, with 90 cases, followed by 34 reports of heart problems – including two fatal cardiac arrests.

Six people claimed it was linked to their hearing loss. The late Playboy tycoon Hugh Hefner went deaf in one ear after taking Viagra – but is said to have insisted he would rather be unable to hear than lose his sex life.

Two people linked the pills to the amputation of their leg.

Since 2021, the MHRA has recorded 35 deaths potentially linked to Viagra or the generic version called sildenafil. The watchdog logs reports under its Yellow Card scheme so it can give a warning if there are a spate of similar cases.

No reported side-effects were found to be definitely caused by the love drug.

A spokesman said: "Where a potential new side-effect is identified, the MHRA carefully assess the information.

"If necessary, we will take action to minimise risks."

Terms apply. Max £1242 saving includes £540 Airtime saving, £252 device saving and £450 Trade-in saving (ETI). Google Pixel 11: 24m Unlimited Value (max speed of 100Mbps) Airtime Plan from £21pm plus annual price rises and 36m Device Plan. Airtime saving £15pm over 36m. £5pm discount for paying by recurring payment method; bill increases by £5pm if cancelled. Enhanced Trade in – buy Google Pixel 11 Pro from Three UK 12/8/26 - 9/9/26 and trade in any fully functional device in good condition within 14 days to get enhanced trade in. Apply that to reduce Device Plan payments to £11pm (£23.50pm without Trade in). Price reduction may not be applied in 1st/2nd month depending on when we receive old device, saving applied over remaining Device Plan term. Three Trade in powered by Ingram Micro (tradein.three.co.uk), new device serial number required. Credit by Hutchison 3G UK Limited t/a Three (authorised & regulated by the Financial Conduct Authority) at 0% APR, subject to status, credit checks, 18+ only. Missed payments may impact credit rating & ability to obtain future credit. Registered office: 450 Longwater Avenue, Reading RG2 6GF

Student loan rate debt trap

GRADUATES given student loans between 2012 and 2022 need to earn £63,000 a year before their balance decreases.

Those on less, with an average £52,100 debt, will not chisel away at it, Department for Education analysis found.

The income-related repayment rules and interest mean balances increase by £1,692 a year for graduates with a typical debt who earn a £39,039 average salary, The Times reports.

It was also predicted just 24 per cent of those on average earnings ten years after repayments kick in will be able to completely clear these Plan 2 loans, which are written off after 30 years.

SCHOOL'S DOUBT

Making friends is the biggest worry for children starting school, a poll by kids' yoghurt brand The Collective found.

IS IT VIDAL BABOON?

By LEN READ

THIS monkey could probably do with a blow dry after a refreshing dip. The macaque was snapped vigorously shaking its fur in a spring at Jigokudani Monkey Park, Japan.

Abuse . . . Keith Bird

Camera spy bully is caged

By BRENDAN McFADDEN

A MAN who installed a camera outside his lover's home so he could monitor her has been jailed.

Keith Bird, 54, subjected the woman to ten months of psychological abuse.

He belittled her, told her that her parents and children did not love her and made her change her phone number and delete social media accounts.

His victim said in a statement that he fitted a camera in Romford, East London, so "he could keep an eye on me".

After they split, Bird pushed her as he demanded the return of a car. The woman told the court: "I am broken."

Bird, of Tower Hamlets, East London, admitted assault and controlling behaviour. He was jailed for two years, 11 months and got a seven-year restraining order at Snaresbrook crown court.

QUOTES OF THE WEEK

Taylor Swift
Tribute to Dolly Parton

"Somehow she was true grace and true grit, all in one dazzling person"

Billie-Jo Foster
As Valentina Foster, 7, killed by fire bomb

"Why you? You're just a baby"

Zlatan Ibrahimovic
On Erling Haaland's haircut

"OMG, what have you done? Did you lose a bet? Block me and delete my number"

Donald Trump
Naming Lake Ontario Lake America

"Maybe we'll have to change the name of the Atlantic and/or the Pacific"

Susan Sarandon
Tribute to Rocky Horror's Tim Curry

"A funny, sexy, original…but what I loved about him most was his heart"

Coleen Nolan
On marriage to toyboy lover

"He's what I have been looking for, for probably 50 years"

QUIDS IN

A Quidditch Golden Snitch used in 2001 film Harry Potter and the Philosopher's Stone made £3,800 in Woking, Surrey.

ACTRESS ON NEW FILM TEENAGE S

EXCLUSIVE by
SARAH ARNOLD

THE SEX FILES . . . Gillian had concerns over her raunchy new film role

Picture by MATT HOLYOAK Camera Press

SHE was once voted the sexiest woman in the world, but Gillian Anderson feared she would look "creepy" playing the on-screen lover of a woman half her age.

The X-Files actress, 58, is cast as reclusive ex-horror movie star Billy Presley in erotic slasher Teenage Sex And Death At Camp Miasma, opposite 31-year-old Hannah Einbinder.

But the dynamic made Gillian uneasy as Hannah is the same age as her real-life daughter, Piper.

She said: "It was important for me – I really didn't want for Billy to feel creepy or predatory.

"My daughter is the same age as Hannah. And so, for me, it needed to feel very purposeful and it's a fine line to walk, but it was a really important line to walk. I didn't want it to be off-putting or disturbing or weird.

"You know, that it would only be weird in the places where it was meant to be weird."

In the horror movie, which landed in UK cinemas last week, Gillian's portrayal of faded actress Billy is already generating serious Oscar buzz.

But the age-gap romance was not the only thing that played heavily on her mind during production.

She revealed that horror and slasher movies still deeply "trigger" her in real life thanks to watching a violent flick in her teens when she was high on cannabis.

She said: "One of the first times I smoked weed, I was at somebody else's house and they started watching Texas Chainsaw Massacre.

"And I had one of the worst first trips of my entire life!

Sexiest woman

"And that really dictated my relationship with horror – and weed, as a matter of fact.

"So I didn't have a big horror education, and it still triggers me a little bit.

"Slasher and horror and anything 'Saw'-like or psychological, like real psychological thriller stuff, I can't go there.

"But I'm happy to play somebody who embraces it and really leans into that level of fear around it.

"Because my experience afterwards was real horror, like feeling that horror that you can't not then dream about and gets triggered over and over and over again.

"So it's been a fun journey with my relationship with dark s**t!"

'The more we practise not giving a monkey's ass what anyone else thinks or says, the more we radiate a confidence that belongs to us and us alone'

Gillian's provocative new role comes three full decades after FHM mag readers voted her the Sexiest Woman In The World at the height of global X-Files mania. But in 1996, she felt her real life was anything but glamorous, previously claiming it simply "revolved around call sheets, line memorisation and motherhood".

Today, however, Gillian commands both her sexuality and her sprawling career on her own unapologetic terms.

Alongside writing her bestselling book, Want – a collection of anonymous sexual fantasies from women around the world – she has launched her cheeky "G Spot" drinks brand and taken on increasingly daring projects.

And Gillian believes that being truly sexy stems from not worrying about what others think.

She insisted the more we "practise not giving a monkey's ass what anyone else thinks or says, then the more we radiate a confidence that is for and belongs to us and us alone".

Writing in Vogue, she added: "And that's it really. The most seductive thing any of us can wear is the quiet conviction that we belong exactly where we are. Everything else is simply getting dressed."

Since finding global fame as FBI Special Agent Dana Scully on The X-Files from 1993 to 2018, Gillian has continuously subverted industry expectations to cement her status as one of her generation's most versatile stars.

She broke out of potential typecasting early on by starring as tragic socialite Lily Bart in Terence Davies' acclaimed 2000 period drama The House Of Mirth. Gillian then went on to play fan favourite sex therapist Jean Milburn in Netflix smash Sex Education from 2019 to 2023, and also transformed into PM Margaret Thatcher for The Crown in 2020.

Up next, she is due to appear in two major new shows on Netflix.

She will play a shadowy operative in high-stakes thriller Animals opposite Ben Affleck, as well as appearing in the limited series The Boys From Brazil about a holocaust survivor's crusade to bring Nazi fugitives to justice.

Most tantalizingly for sci-fi fans, Gillian is also rumoured to be appearing in the hotly anticipated upcoming X-Files remake. She backs the X Files franchise being rebooted by the Oscar-winning filmmaker behind Black Panther and Sinners, Ryan Coogler.

She adds: "A real artist like Ryan coming in to take on that franchise is such an interesting and radical concept. And kudos to our show runner Chris Carter, the creator, for allowing him to take the helm.

"It feels like he's almost a version of who Chris is, stepping in and saying, 'I know how to do this justice'."

Selecting her creative projects requires a great deal of "patience", even if Gillian openly admits to taking on a bit too much work at times.

She said: "It does take a belief that if you wait and dare to do nothing until the thing arrives, that it will come. I do have the tendency to just embrace everything.

"I just enjoy all of it. So I end up just doing too much. But yes, there is a version of me that would do less and only choose the jewels." Public obsession over The X-Files continues to burn bright and, despite her huge stardom, Gillian still attends events to meet fans of the series.

She said: "Places where I experience it sometimes are at Comic Cons. The fans' reaction doesn't feel like it's for me. So I don't feel like, 'Oh, I'm so cool'. It's more of . . . I understand from their perspective, their relationship; even though I don't understand the obsessive nature of it.

"I understand that it's important – it almost helps them define who they are.

"And I can understand why that is important for a human being, to have something to identify with and that they feel represents an aspect of their internal life, and I get that.

"And I'm happy to show up as the embodiment of that thing." Despite the ongoing hype, Gillian remains profoundly grateful that social media was

SEX & DEATH AT CAMP MIASMA

EN LOVERS
Gillian and
ah, *right*, in
ge Sex And
h At Camp
Miasma

MUM'S THE WORD . . . with daughter Piper, who is 31, just like Gillian's love interest in film

CHASING ALIENS . . . as Dana Scully in '90s TV hit The X-Files, with David Duchovny

IRON LADY . . . as Thatcher in The Crown

I didn't want my character to feel predatory...co-star is the same age as my daughter

Says GILLIAN ANDERSON

GLAMOUR AND POISE . . . Gillian at the Baftas in February

not around when she was rising to global fame on The X-Files, sparing her from the intense digital scrutiny that young actors today are forced to contend with.

She added: "We were working 17, 18-hour days, and so it wasn't until we were at award shows that we were exposed to the fandom, which is very, very different today."

'It felt illicit and wrong'

Off screen, her colourful personal life has been defined by that same open and candid approach.

One of her first relationships was with an older girl at school.

She later admitted: "It felt secretive and illicit and wrong and we had to hide".

She met her first husband, Clyde Klotz, while he worked as an assistant art director on The X-Files.

The couple married in 1994 and had daughter Piper nine months later, before parting ways in 1997. Recalling her first marriage, she has said: "I got pregnant on my wedding night. How old-fashioned is that?"

In 2004, Gillian married foreign correspondent Julian Ozanne, though the union ended after 16 months.

She then started a new chapter with British businessman Mark Griffiths.

They have two sons – Oscar, 19, and Felix, 17 – but split in 2012 after six years together.

She has also reportedly been in an on-off relationship with award-winning screenwriter Peter Morgan, creator of The Crown, since 2016.

Reflecting on love, she said: "The person I consider my life partner happens to be male . . . but I think I would feel the same way if it were a woman."

That unbothered attitude extends to online casting speculation, including whether she would ever take over the cinema world's most famous spy role.

In a viral video clip posted with Elle USA, she addressed the long-running James Bond speculation with her trademark wit.

When asked for a rumour she had read about herself that she wished were true, she said: "That I'm the next James Bond. I'm kind of joking. I'd be a woman. And I wouldn't be called Jane. I wouldn't be Jane Bond. I'd still have a gun."

Then she cheekily added: "And maybe I'd still collect women."

Regardless of whether 007 execs come calling, Gillian remains supremely confident that her latest project delivers a thrilling, unforgettable cinematic experience.

She said: "I think the audience will get that from the second it starts. And it's hilarious and it's important and it's profound."

the Sunday

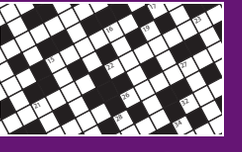
THERE'S SO MUCH MORE TO COME...

FOOD
Pages 34 & 35

MONEY
Page 36

PETS
Page 37

HEALTH
Pages 38–39



PUZZLES
Pages 40–42

TRAVEL
Pages 47–49

31 pages of
SPORT

+ plus + plus
TV AND LISTINGS PULLOUT

I'VE never seen the point of a lash primer. It always seemed a waste of valuable minutes in my morning routine, until a new UKLash product made me do a U-turn. Here's how it compares to two bestsellers.

you BEAUTY

with TARA LEDDEN

budget

THE Ordinary Lash Curl Finisher Clear Mascara, £9.40 for 10ml, cultbeauty.co.uk: I can only describe this as hairspray for your lashes.

The clear formula reminds me of the clear mascara my mum bought me as a tween when I desperately begged to wear make-up before I should have been. Although, this one actually makes my lashes look longer and keeps them lifted all day after I've used a lash curler.

Unlike the UKLash product, it doesn't have a tint, so it's not one I'd wear alone, but it makes my mascara look better, which is arguably worth the extra step, especially at this price.

mid-range

UKLash Lash Lift Gel, £20 for 7ml, uklash.com: This is it, the product that made me change my mind and meant a change to my morning make-up.

The brand labels it a "lash lift in a bottle", which I'd usually take issue with, but it actually delivers.

The formula is part serum – with nourishing vitamin E, glycerin and hexapeptide – part primer, and contains a caramel dye to tint lashes over time, too. Under mascara, it helps separate lashes and ensure a lengthened, clump-free finish – but it's wearing it alone that sealed the deal.

It keeps lashes curled all day, and the tint gives just the right amount of polish so I feel put together without looking like I'm wearing make-up.

luxury

Too Faced Better Than Sex Foreplay Lash Lifting And Thickening Mascara Primer, £27 for 8ml, lookfantastic.com: The black colour makes this feels more like a mascara than a primer so why bother to spend the time (or money) applying another product on top.

It definitely makes my lashes look longer and fuller – which is great for a night out when I want added drama – but because of the pigments it can get clumpy, which is a pet peeve.

You will need an oil cleanser to remove it, something to consider if you intend to wear it regularly.

pick of the week

THERE have been so many great, affordable perfumes launched it's hard to keep track – but Boots' Last Note captured my attention. It's the retailer's first own-brand perfume range and each of the five scents is £12.99 for 50ml. They could be mistaken for perfumes five times the price.

Vanilla Portrait may well be the most popular, but I prefer Echoes Of You. Available in-store and at boots.com.

The Sun VEGAS
Play smart with The Sun Vegas by setting Deposit Limits and using Reality Checks. Visit thesunvegas.co.uk/smart-tips to find out more.
PLEASE PLAY RESPONSIBLY
18+ GamCare.org.uk

Mechanic's servicing the car…and me
deardeidre PAGE 44

the Sunday
thesun.co.uk

IF you're looking for great-value food that's also good for you, why not shell out on some eggs?

They are versatile, packed with protein and budget-friendly, too.

Today The Sun on Sunday's chef and Speedy 10 author, Amy Sheppard, has these four simple and affordable recipes that will all make tasty family meals.

Let's toast the brilliance of eggs

Sun ON SUNDAY FOOD

Steak orzo carbonara(ish)

AMY SAYS: "Not a traditional carbonara, but this still has egg, grated cheese (I use cheddar, not parmesan), orzo and paprika to give it the lovely smoky flavour you'd get from the bacon. And all topped with tasty steak. Incredible flavours and a short ingredients list make this a keeper."

Serves 4

Prep: 7 minutes
Cook: 15 minutes
YOU NEED:
50g butter
4 sirloin steaks
2 chicken stock pots
450g orzo
4 eggs (3 yolks and 1 whole egg)
80g finely grated mature cheddar
1½ tsp smoked paprika
60g fresh spinach, coarsely chopped
Salt and freshly ground pepper

METHOD: Melt half the butter in a large pan and when spitting hot add 2 of the steaks. Fry over a high heat for 3 minutes, turn and fry for another minute before lowering the heat for the final minute so the steaks are cooked medium. Repeat with the other 2 steaks.

Add the stock pots and some boiling water to a pan, add the orzo and simmer for 10 minutes, stirring occasionally so it doesn't stick to the base of the pan.

Mix yolks and whole egg with cheddar, paprika, spinach and ½ tsp black pepper.

Before draining orzo, save 100ml of the pasta stock. Return the drained orzo to saucepan, add the egg mix and 50ml starchy water. Mix until cheese is melted and spinach wilted. If needed, stir in more water a little at a time.

Divide between 4 bowls and top with steak strips.

> 'Orzo and paprika give it a lovely smoky flavour'

tips & swaps

I LOVE cooking the orzo in chicken stock, which adds so much flavour, but you can use boiling water if you prefer.

Steak is expensive, so to make this a bit cheaper, fry up 200g of finely sliced chorizo ring instead.

Cowboy butter microwave scrambles

AMY SAYS: "Before I met my husband, I would never have cooked scrambled eggs in the microwave – now it's the only way I cook them. This super-herby, flavour-packed butter takes scrambled eggs to the next level."

Serves 2

Prep: 10 minutes
Cook: 5 minutes

YOU NEED:

For the cowboy butter (makes 1 small bowl):
80g soft butter
1 tsp smoked paprika
½ tsp chilli flakes
½ tsp Dijon mustard
1 tsp finely chopped chives
1 tsp dried sage
1 tsp Worcestershire sauce

For the scrambled eggs:
3 large eggs
2 tbsp milk
15g cowboy butter
Salt and freshly ground black pepper

To serve:
Buttered toast
Chopped fresh chives

METHOD: Mash the ingredients together for the cowboy butter and store in the fridge.

Whisk the eggs in a microwaveable bowl until smooth and fluffy. Stir in the milk and 15g cowboy butter. Season and microwave for 30 seconds on high.

Microwave three more times for 30 seconds and gently whisk in between.

Make the toast and top with eggs and a little dollop of cowboy butter.

Garnish with chopped chives.

tips & swaps

FOR an extra kick of flavour, spread the cowboy butter on the toast before piling on the scrambled egg.

with AMY SHEPPARD

Maple and paprika pork egg-fried rice

AMY SAYS: "My egg-fried rice often turned into a starchy mess. Our friend Bob advised using microwave rice pouches. It isn't sloppy and doesn't stick."

Serves 4

Prep: 7 minutes
Cook: 15 minutes

YOU NEED:

For the pork:
600g pork loin steaks, cut width-ways into 2cm slices
2 tsp cornflour
2 tsp paprika
½ tsp ground cumin
½ tsp chilli powder
1 tbsp maple syrup
Salt and pepper

For egg-fried rice:
3×250g pouches microwave basmati rice
Oil, for frying

1 bunch spring onions, chopped
2 garlic cloves, finely chopped
1 tsp ginger paste
90g frozen peas
3 tbsp soy sauce, plus extra to finish
3 eggs, beaten

METHOD: Mix the pork, cornflour and spices with your hands until coated. Microwave the rice pouches.

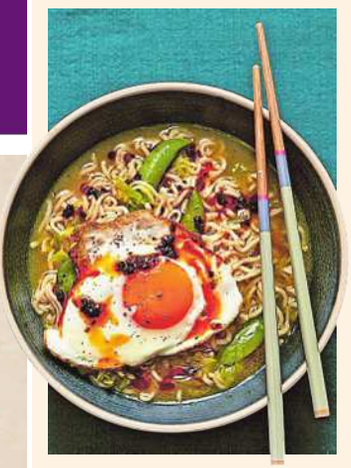
Fry the spring onions for two minutes, add the garlic, ginger paste and peas and fry for 3 minutes. In another pan, stir fry the pork for 3 minutes, until no longer pink. Add maple syrup and fry for 1 minute and set aside.

Add the cooked rice to the spring onion mix. Add soy sauce and mix over a medium heat.

Make a well in the centre of the rice so the base of the pan is visible. Pour in the eggs. When it starts to cook around the edges, work into the rice until some bits of cooked egg are visible. Divide between 4 bowls, add a splash of soy sauce, top with the pork and some of the meat juices. Garnish with coriander.

tips & swaps

FOR a veggie option, add an extra egg and a pouch of rice, plus fried peppers, courgettes, bamboo shoots and carrots instead of pork.



Curried happy noodles and fried egg

AMY SAYS: "When I first left home I lived in a shared house in Bristol. A corner shop sold packets of curry-flavour instant noodles for 10p, which I would put in a buttered white bread sandwich. Grown-up Amy makes her own ten-minute version with veggies and an egg on the side."

Serves 4

Prep: 5 minutes
Cook: 15 minutes

YOU NEED:
Oil, for frying
1 bunch spring onions, chopped
100g sugar snap peas
1 tbsp medium curry powder
1 tbsp plain flour
3×85g packets instant ramen noodles
750ml hot chicken stock
4 eggs
Chilli oil

METHOD: Heat a glug of oil in a frying pan. Add the spring onions and sugar snap peas and fry for 3 minutes.

Stir in the curry powder and flour and fry for 1 minute, until the flour has been absorbed.

Put the ramen noodles in a bowl and cover with boiling water. Leave them to soak and gently separate – about 3 minutes. Use a fork to gently pull them apart. When the noodles are firm, drain them.

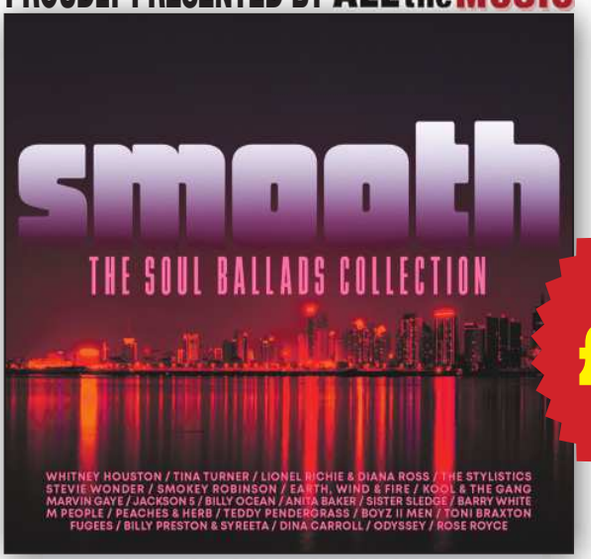
Slowly add the hot chicken stock, a little at a time, to the pan of vegetables.

Stir until it thickens and comes to the boil each time before adding more stock. Season with salt and pepper. Add the noodles, simmer over a low heat for 1 minute then remove from the heat.

In another pan, add a glug of oil and break the eggs into the pan then put the lid on. Fry for 2-3 minutes, or until the whites are cooked and there is a thin film over the yolks. Divide the noodles between 4 bowls. Top each one with an egg, seasoning and a drizzle of chilli oil.

SMOOTH SOUL BALLADS
PROUDLY PRESENTED BY ALL the MUSIC

SPECIAL CD OFFER TO SUN READERS



ONLY £9.99 INCLUDING P&P

A 60-TRACK 3-CD COLLECTION OF THE VERY BEST IN CLASSIC SOUL

Smooth, stylish and sophisticated – here's a selection of the finest soul ballads from some of the legendary voices and renowned artists that makes for relaxed listening for any occasion.

CD1 Whitney Houston with her superb'Saving All My Love For You', a selection of all-time favourites from icons Tina Turner, Marvin Gaye, Barry White, along with legendary groups Earth, Wind & Fire and the Commodores. The mood continues with Stevie Wonder, Deniece Williams, Bill Withers' anthem 'Ain't No Sunshine", and Heatwave's enduring 'Always and Forever' • CD2 Sets the standard with Marvin Gaye and 'Let's Get It On', romantic masterpieces from Harold Melvin & The Blue Notes featuring Teddy Pendergrass and The Delfonics follow alongside smooth harmonies from The Stylistics, The Three Degrees, Motown legends the Four Tops, Smokey Robinson & The Miracles, Jackson 5, Gladys Knight & The Pips, with a trio of sophisticated performances from Jimmy Ruffin, Erma Franklin and Dinah Washington with 'Mad About The Boy' • CD3 Begins with one of the best-selling duets of all time, Lionel Richie & Diana Ross 'Endless Love', followed by Smokey Robinson, Kool & The Gang and Billy Ocean, Atlantic plus contemporary favourites from Boyz II Men, Toni Braxton before British soulful pop hits from Gabrielle, M People and Dina Carroll.

Disc 1
1. Whitney Houston - Saving All My Love for You
2. Tina Turner - What's Love Got to Do with It
3. Marvin Gaye - Sexual Healing
4. Barry White - Never, Never Gonna Give Ya Up
5. Earth, Wind & Fire - After the Love Has Gone
6. Rose Royce - Wishing on a Star
7. Commodores - Three Times A Lady
8. Anita Baker - Sweet Love
9. Sister Sledge - Thinking of You
10. Diana Ross - I'm Still Waiting
11. The Temptations - My Girl
12. Stevie Wonder - My Cherie Amour
13. Deniece Williams - Free
14. Brenda Russell - Piano In The Dark
15. Billy Preston & Syreeta - With You I'm Born Again
16. Peaches & Herb - Reunited
17. Odyssey - If You're Lookin' for a Way Out
18. Bill Withers - Ain't No Sunshine
19. The O'Jays - Brandy
20. Heatwave - Always and Forever

Disc 2
1. Marvin Gaye - Let's Get It On
2. Billy Paul - Let's Make A baby
3. Harold Melvin & The Blue Notes Feat. Teddy Pendergrass - If You Don't Know Me by Now
4. The Delfonics - Didn't I (Blow Your Mind This Time)
5. The Stylistics - Betcha By Golly, Wow
6. The Three Degrees - When Will I See You Again
7. Lou Rawls - You'll Never Find Another Love Like Mine
8. The Detroit Spinners - Could It Be I'm Falling in Love
9. Four Tops - Loving You Is Sweeter Than Ever
10. The Drifters - Under the Boardwalk
11. The Isley Brothers - Summer Breeze, Pt. 1
12. Gladys Knight & The Pips - Midnight Train to Georgia
13. Sam & Dave - When Something Is Wrong with My Baby
14. Brenda Holloway - Every Little Bit Hurts
15. Jackson 5 - Who's Lovin' You
16. Percy Sledge - When a Man Loves a Woman
17. Smokey Robinson & The Miracles - The Tracks Of My Tears
18. Jimmy Ruffin - What Becomes Of The Brokenhearted
19. Erma Franklin - Piece of My Heart
20. Dinah Washington - Mad About The Boy

Disc 3
1. Lionel Richie & Diana Ross - Endless Love
2. Smokey Robinson - Being With You
3. Kool & The Gang - Cherish
4. Alexander O'Neal - If You Were Here Tonight
5. Billy Ocean - Suddenly
6. Randy Crawford - Rainy Night in Georgia
7. Jermaine Jackson - Do What You Do
8. Atlantic Starr - Always
9. Champaign - How 'Bout Us
10. Rose Royce - I Wanna Get Next To You
11. Teddy Pendergrass - Love T.K.O.
12. Boyz II Men - I'll Make Love To You
13. Toni Braxton - Un-Break My Heart
14. Fugees - Killing Me Softly With His Song
15. Gabrielle - Walk On By
16. Sananda Maitreya - Sign Your Name
17. M People - Don't Look Any Further
18. The Tony Rich Project - Nobody Knows
19. Dina Carroll - So Close
20. Vanessa Williams - Save The Best For Last

Sun readers can now own this wonderful 60-track 3 CD collection for the special price of just £9.99 including p&p. To view the full track listing and order a copy, either for yourself or as a gift for a friend or loved one, visit allthemusic.co.uk/soul To see the full range of our popular CDs, DVDs, Audiobooks and Books, visit www.allthemusic.co.uk

ALL the MUSIC

Buy now at allthemusic.co.uk/soul

UNMARRIED 'BREAK-UP TAX'

UNMARRIED couples could face a "break-up tax", where an ex has a claim to some of the other party's money or property despite never having married.

The Government has just closed a consultation on the plan.

Nearly half of Britons believe that living together for years gives the same rights as marriage. In reality, couples have almost no automatic legal protection if things go wrong.

But under the new plans, if a couple who have lived together for three years break up and it leaves one partner unable to afford basic living costs, courts could order money, property or even a slice of their ex's pension to be handed over.

The couple could only avoid this if both partners had previously agreed to opt out of the process.

Domestic abuse charities have welcomed the move, as financial dependence can trap victims in dangerous relationships.

Sam Smethers, of Surviving Economic Abuse, called it a "once-in-a-generation opportunity to change the lives of victim-survivors". But critics disagree. Baroness Ruth Deech said: "Many people choose not to marry because they value both companionship and financial independence. They should remain free to make that choice."

Barrister Katharine Bundell said the plan "does increase the risk to the financially stronger party".

But Yael Selig, at Osbornes Law, said: "The law currently gives cohabiting couples very little protection if they separate."

JAMES FLANDERS

LOW-PAY PENSIONS BOOST

HMRC is writing to a million low-paid workers who may have missed out on pension top-ups.

Employees who pay into a personal pot usually benefit from basic-rate tax relief at source.

But many workplace pensions take contributions from wages before income tax.

Under auto-enrolment, people earning at least £10,000 a year may be enrolled in a workplace fund even if they don't earn enough to pay income tax.

If their scheme uses relief at source, low earners still receive a government top-up. But if it takes contributions from their wages then they miss out on relief because reducing their taxable income does not cut their tax bill.

Ministers have decided workers should be able to claim back cash.

The taxman began sending out the letters this month, with the scheme continuing into early next year.

Around three quarters of those affected are thought to be women, and payments could start landing in the next few months.

The payouts could be around £53 a year but it will depend on pension contributions.

HMRC will contact eligible people about the 2024/25 tax year first, before setting up an automated system to cover future years.

Steve Webb, of pension consultants LCP, said: "It is clearly unfair that around one million low earners have missed out on pension tax relief, simply because of the way in which their workplace pension is administered."

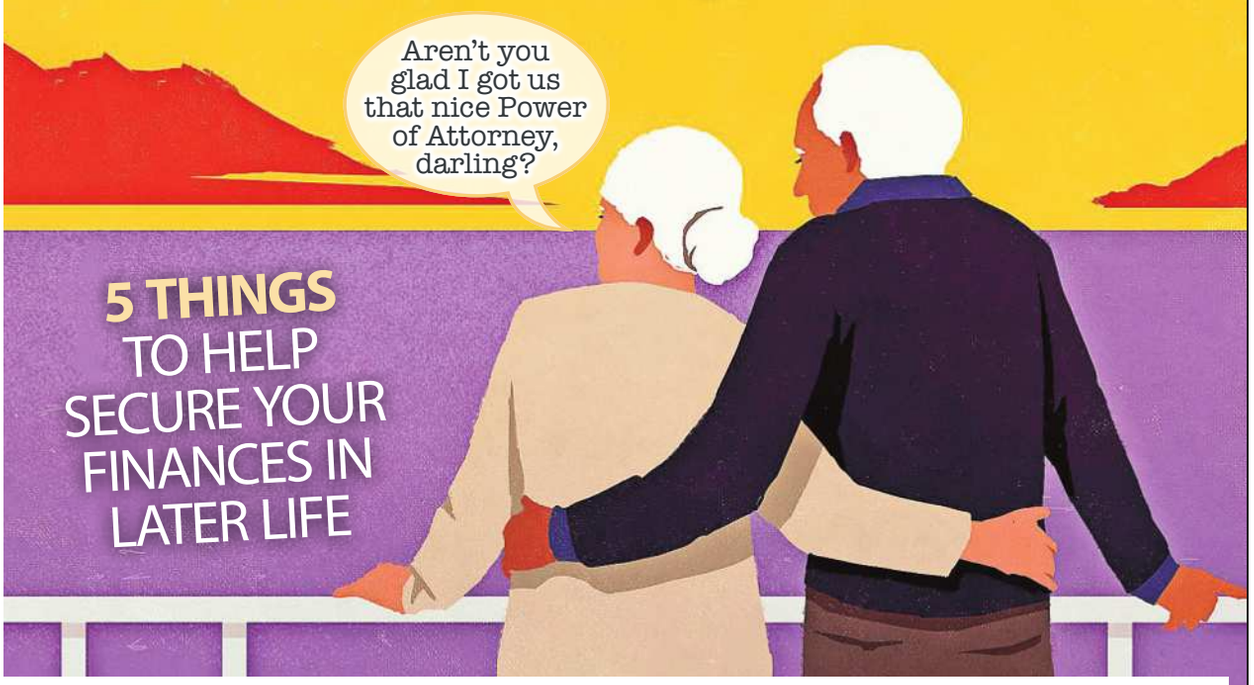
JAMES FLANDERS

Got money worries? We can help. Email us at **money@the-sun.co.uk** or write to **Sun Money, News UK, 1 London Bridge Street, London SE1 9GF**

Sun ON SUNDAY **MONEY**

Edited by **FRAN IVENS** with **LUCY ANDREWS**

Olden years



KEEPING your finances in check during your golden years is crucial.

Firstly, you need to make sure you do not run out of cash, then you may want to leave some behind for the family.

On top of that, there are tax traps to avoid.

HOLLY THOMAS shares her later-life checklist to boost savings *and* keep the taxman at bay . . .

BOOST CASH BY £10,000s

IT'S easy to forget an old pension plan or savings account.

In just the first half of this year, roughly £2.5billion worth of unclaimed savings was returned to customers by firms including JP Morgan and Standard Life – an average of £31,647 per person.

Use sites Gretel and My Lost Account to check for lost money.

Coming up to retirement? Check you have filled in any gaps in your National Insurance record, which is used by the Government to calculate how much state pension you get. Each missing year can cost you around £350 annually.

Check if you can fill in gaps for free with National Insurance credits. These could be available if, for example, you were unable to work while looking after children.

See if you can claim Pension Credit, which tops up your weekly state pension to a minimum of £238 for single people and £363.25 for couples. It also unlocks other benefits such as council tax discounts and a free TV licence if you are 75 or above.

BUY AN ANNUITY

AN annuity is a financial product that gives you a guaranteed income for life. Many people buy one using their pension.

They are great if you want peace of mind over your finances and do not fancy the hassle of managing a pension.

Now is a good time to buy one as rates have improved in recent months, which means you get a better income.

Someone who bought an annuity with a £50,000 pension pot in March would get £3,547 a year. Now, it would bag you £3,653 – £106 more.

If you are worried about leaving your spouse with no cash, you could consider a joint-life annuity so your partner continues to get payments after your death. Keep in mind that you will get less cash per year to live on.

Someone who bought a joint-life annuity now with a £50,000 pension pot would get around £3,300 a year.

CLEVER TAX TRICK

MAKE the most of your Isa, which shelters cash you earn from investments or interest from the taxman. You can currently save up to £20,000 into an Isa each year. From April 2027, that figure drops to £12,000 for cash Isas if you are under 65. You will still be able to invest up to £20,000 into a stocks and shares Isa. When you die, your spouse can see their Isa allowance given a one-off boost equal to the value of your Isa. So if you had £2,000 in your Isa, your spouse's allowance would go up by £2,000 for one year.

POWER OF ATTORNEY

SETTING up a Lasting Power of Attorney allows you to choose someone you trust to make important decisions for you if you are no longer able to.

There are two kinds – one for financial decisions and one for health and welfare. They cost £92 each. A financial one will let your chosen person pay your bills, collect your pension and sell your house, for example.

The health and welfare one will allow them to arrange your care and make decisions over medical treatment.

You can fill the forms out yourself at gov.uk/power-of-attorney. But follow the instructions carefully or you may have to repeat the process – and pay again.

A solicitor can do it for you but will charge around £400 to £800.

If you don't have one and lose mental capacity, your family will have to apply for a "deputyship" through the courts, which can be a lengthy and complicated process. Applying to be a deputy costs £432. If the court decides you need a hearing, you will need to pay an extra £266.

LEAVE FINANCES SHIP SHAPE

WHEN you die, it is up to your loved ones to sift through your finances and pay off any bills or debts from your estate.

This is called "death admin", and research shows four out of five people find it difficult.

A few simple steps now can save your family from stress and confusion during a difficult time.

Firstly, make a will. A DIY will can cost as little as £25 but if you get a solicitor to help it could be more like £200 to £300. Next, compile a list of all your accounts and savings and the provider names and account numbers.

Include information needed for your loved ones to access your online bills and banking.

List any life insurance, investments and pension plans, along with names of the companies they are held with and account numbers. Gather property deeds and DVLA paperwork for cars.

If you have debts, list loan agreements so that your family can easily see what needs dealing with.

Find a secure space to store all this information and tell a trusted person where to find it.

IN ASSOCIATION WITH Tails.com

Paws & Claws

Curiouser & curiousfur

STAR of the WEEK

MILO the Chihuahua-cross is an honorary staff receptionist at the Elfordleigh Hotel in Plympton, Devon.

The 12-year-old works alongside his owner, Samantha Chambers, though he can often be found taking naps.

Samantha, 49, said: "Milo is a friendly face to all of our visitors and four-legged guests who come to the hotel.

"He's a very much-loved member of the staff team too, but he does have a habit of snoozing on the job."

While Samantha has worked at the hotel for 25 years, Milo is a relative newbie, having been behind the reception desk for a year. Samantha added: "Instead of a salary he gets plenty of his favourite chicken dog treats."

WIN

Philips OneUp Electric Mop, worth £149.99

THE new Philips OneUp Electric Mop has patented technology that sucks up dirty water while pumping clean water on to hard floors for a spotless shine.

We're giving away two mops, worth £149.99 each.

To enter, send an email headed PHILIPS to sundaypets@the-sun.co.uk by September 13. For more details, search product at home-appliances.philips/gb/en.

● T&Cs apply.

EMMA THE CAT SO NOSEY

MY cat Emma is really timid around people, yet she likes to nose around people's homes.

If she gets spotted she runs. Is this why there's the old adage curiosity killed the cat? Are cats really nosey creatures?

JANET DALE, Sevenoaks, Kent

■ **Sean says:** Cats are wonderfully contradictory creatures. Emma may be shy around people but that doesn't stop her being endlessly curious.

Exploring neighbouring houses offers new smells, warm sofas and perhaps the occasional neighbour willing to hand out treats. The moment she's spotted, her cautious side takes over and she retreats to safety.

If you'd rather she kept her adventures closer to home, enriching your own garden with climbing shelves, hiding places and interactive play can help satisfy some of her inquisitiveness. It doesn't have to be expensive. Good old cardboard boxes will often do the trick.

I HAVE a two-year-old rescue dog, Willow, and his nails are getting long.

He just doesn't want me to clip them. What do you advise?

He's a husky-cross and he gets very dramatic.

SIMON JONES, Birmingham

■ **Sean says:** Huskies do have a reputation for being rather theatrical, let's say, so I wouldn't be surprised if Willow behaves as though you're attempting major surgery when you produce the nail clippers.

Don't try to do all four paws in one heroic session. Start by touching his paws and rewarding him, then gradually introduce the clippers without actually cutting anything.

Once he's relaxed, clip one nail and stop. Build up very slowly. A good groomer or vet nurse can also show you how to do it safely, particularly if his nails are very long.

Please don't wrestle him into submission, that can turn a dislike into a full phobia.

HOW do I stop my Labrador-cross Mylo begging at dinner time?

It started when the kids were young and he would hoover up anything dropped. He's a gentle soul and has never tried to take food from hands.

I don't want to put Mylo out of the room but he looks at me with sad eyes and I want to encourage that behaviour to stop. Should I try licky mats or a bone? If I feed him at the same time, he gobbles his meal up and is straight back to the dinner table.

KATE CLARK, Newcastle

■ **Sean says:** Those Labrador eyes should come with a warning. Mylo isn't being naughty, he's simply repeating a behaviour that's paid off handsomely over the years.

Instead, give him something far more exciting before you sit down. A stuffed Kong, long-lasting chew, snuffle mat or licky mat in his bed can keep him occupied while you eat.

If he does wander over, guide him back without eye contact or conversation. Everyone needs to stick to the same rules, because one dropped chip can undo a week's training.

MY cat Britney has a large pouch that swings under her and makes her look pregnant.

It doesn't bother her but is very noticeable. Should I be concerned?

DAVID HUGHES, Stafford

■ **Sean says:** It sounds like a primordial pouch, which is a perfectly normal flap of loose skin and fat found on many cats. It protects the abdomen during fights and gives extra flexibility when running and jumping.

As long as Britney is healthy, maintaining a sensible weight and the swelling feels soft and symmetrical, there's usually nothing to worry about.

Pet VET

SEAN McCORMACK

HE is on a mission to help our pets . . . and is here to answer YOUR questions. Sean, who is the head vet at tailored pet food firm TAILS.COM, has helped with owners' queries for ten years.

He says: "If your pet is acting funny or is under the weather, or you want to know about nutrition or exercise, just ask. I can help keep pets happy and healthy."

Send your questions for the Pet Vet to **vet@the-sun.co.uk**

SOMETHING SMELLS OFF WITH CAT OWNERS

AS cat owners return from their holidays, many are given the cold shoulder from their pets – and the reason has been revealed.

An expert says they are not trying to punish us, it is actually just down to how we **SMELL**.

Daniel Warren-Cummings, senior behaviour engagement manager at Cats Protection, said: "Cats rely on smell and sound for a sense of security. When you return after travelling through airports, hotels and taxis, your personal scent is buried under a layer of strange odours."

But he explained that it resolves after a shower and being in home surroundings.

Daniel added: "It's natural to feel a pang of remorse when you close the door and see your cat watching you leave.

"Our pets are central to our lives, so the thought of them feeling abandoned and confused while we're away can be tough.

"Understanding that cats are creatures of habit and view our absence through the lens of routine, rather than emotional rejection, can help owners enjoy a break without guilt."

For more information on leaving your cat to go on holiday, and other pet help, see cats.org.uk.

SIXTH SCENT . . . cats

Mystic Meg

with MAGGIE HYDE

ARIES March 21 – April 20

You've got so much going on, with visitors popping in, and lifts here and there, but remember that family comes first. A house or property matter that's been going on for a long time is almost finished and an educational choice becomes self-evident. You're free to do whatever you want today so get out there.

TAURUS April 21 – May 21

You can do well with a health and fitness routine but if the hard part is getting started, push yourself and soon you'll love it. The Moon moves into your sign on the 1st and makes you determined to deal with someone dragging their feet on a project. If workmen are involved, that's straight talk about money.

GEMINI May 22 – June 21

There's not a mean bone in your body so give up, you'll never understand someone's tight hold on money. And think twice before going on holiday together! On the 3rd, the Moon joins rebel Uranus in your sign, disrupting overseas travel, but as a Gemini, you'll adapt and you may end up with something better.

CANCER June 22 – July 22

Being work-free on a Bank Holiday would feel better if your family stopped bickering about where to go. With so many ideas, you and a partner will have to decide. Catch up with distant friends, especially those who make pots, pies or baskets – it's worth the drive to talk with those who are involved.

LEO July 23 – August 23

Money isn't growing on trees but spare cash for a one-off buy boosts your spirits. And when your organising talent is appreciated at work a step up the ladder is mooted. Friends into an alternative lifestyle show you more of their world. Accept an invite to an event or activity. It's an eye-opener – and lots of laughs.

VIRGO August 24 – September 22

You love it when life goes to plan, but for close friends, an emotional situation is difficult. Support them in practical ways. Your love of learning never stops and you'll be tempted by autumn courses. Check out what's on locally but if a weekend on something you love is happening abroad, think seriously about it.

LIBRA September 23 – October 23

A social gathering has edge if people don't get along but make the most of it. Use your Libran charm to keep things friendly. A partner is fearless about a new venture but you're not so convinced about future success. Look for any sign where something isn't what it appears to be and flag it up, pronto.

SCORPIO October 24 – November 22

Keep your cool, Scorpio. Your planet go-getter Mars is up against brick-wall Saturn so nothing happens quickly, especially with legal, travel or health matters. A friend with expert knowledge is a big help. Now is a good time to think about career, not simply your job. Your ambition for something better is stirring.

SAGITTARIUS November 23 – December 21

Summer ending feels like a chapter closing but a new one is opening, especially with kids and your own creative activities. An older child wants to do things their way so let them. A partner has your back and is keen on a last-minute get away. Even if it's only a few days, any adventure gives you food for thought.

CAPRICORN December 22 – January 20

Benefits come your way, and you don't have to do a thing. You set it all up long ago. If property is involved, disagreements among family members can be sorted if you act generously. Putting up visitors at your place is tricky but you'll muddle along. Catching up on their news and reminiscing is heart-warming.

AQUARIUS January 21 –February 18

Speaking in public is scary if you're not used to it but you need to get attention for a good cause. Whether it's animal welfare or prison reform, take a deep breath and speak from the heart. Your sincerity wins through. A relative tries not to complain about health so watch for any changes he or she is going through.

PISCES February 19 – March 20

Health is high on your list of priorities so make sure you aren't getting stressed. At home, getting everyone to do their share of household chores makes life easier. As a Pisces, film and photography fascinate you and your planet, image-making Neptune, is prominent now. Get on your phone and make videos.

Phone Meg's psychics for a chat on **0905 005 8102**

Or to pay by credit/debit card call **08000 356 684** or mobile users call **020 7111 6406**

Text a psychic. Just text **MEG** then a space and your question to **60016**

Calls cost £1.50 per minute plus your telephone company's network access charge. You must have bill payer's permission. Calls recorded for your protection. Max call duration 19 mins for 0905 numbers. Over 18s only. These services are for entertainment only. SMS cost £1 per received message, max 3 messages per reply. UK only. To opt out of three promo messages call Helpline: 0330 114 0300. SP: Inveroak.com, PO Box 10015, CM1 9HH.

ask alfie

Used car specialist

Q&A

Send your questions to motors@the-sun.co.uk

Q MY daughter passed her driving test and is going to buy a car. She has a budget of £4,000 to £5,000, Could you please advise any cars with a reliable automatic gearbox?

PAUL METCALF

A With older automatics, it tends to be Asian manufacturers who are best at reliability – so look at Japanese cars, such as the Toyota Yaris or Honda Jazz, or Korean models, like the Hyundai i20 or Kia Rio.

You can go smaller, even, with a Toyota Aygo, Hyundai i10 or Kia Picanto.

Q LIKE many, I have a Ford Puma with the dreaded steering knock. Mine is a 2024 ST170 with less than 9,000 miles on the clock and has been fully serviced by Ford. My local dealership says it might just need the column lubricating, for £126 labour, but it's not covered under warranty. I know this is a common fault, why will Ford not recall?

STUART GROOM

A It's a difficult one, and you outline that other owners have had much more work done than simply oiling the steering column – so I can't say swallow the £126 and move on from it. I also understand it is frustrating that it isn't covered by the warranty or that Ford will issue a recall, although as the latter are only mandated when the vehicle presents a safety risk, a knocking noise is not enough to trigger one.

I feel for you, but I don't know what you can do, short of kicking up a stink at the dealer to see if you can get the work for free, or taking the car to another garage for a second opinion.

Q WHAT would the original UK Honda Civic Type R be worth now? It's a 2003 car and has done more than 100,000 miles, but it's in good condition and drives well.

BILLY KNIGHT

A These 'bread van' Type Rs, known as the 'EP3', are still holding strong money. If it's minty, then I reckon it might be worth seven grand. But as it's an older car, the mileage is higher, so I'm going to say it is worth £5,000-£6,000.

READER'S CAR OF THE WEEK

SOMETHING a bit different this week – reader Leslie Cole wants to track down this glorious Porsche kit car, looking like a 356, which he built and had to sell through ill health.

He says: "I built this and loved it, but epilepsy stopped me driving, so I sold it. I'd love to know where it is now. I've looked on the DVLA and it's off the road somewhere.

"It would be a lot to buy it back, even if the owner would sell, but I do miss it."

So come on, readers – do you know where this car is? Email me on the address below.

●**Send pictures of your beloved motor, with details, to motors@the-sun.co.uk.**

THREE GLORIOUS RENAULT HOT HATCHES

2010 (10) Renaultsport Twingo 133 3dr, 72k, £3,695, Trade 2 Drive, Gloucester (via autotrader.co.uk): The smallest hot hatch of the modern Renault era. Light, fizzy fun – and with a 1.6-litre nat-asp engine, you could really rinse it without fear of losing your licence.

2010 (10) Renaultsport Clio 200 Cup 3dr, 79k, £10,995, Car Collector, Hepscott, Northumberland (autotrader.co.uk): The ubiquitous fast Renault is a performance Clio of some kind. Big 2.0-litre engine gives strong pace, and an amazing chassis brings the grins.

2011 (11) Renaultsport Megane 265 Trophy 3dr, £18,990, 21.5k, Hurlingham Motor Co, Fulham, West London (hurlinghamcars.com): This 265hp Megane is a jewel. In the best colour and has hardly done any mileage – hence the chunky price.

eSKY THINKING BY SUZUKI

LITTLE car specialist Suzuki is sending its SMALLEST car our way.

The Japanese call them "Kei" cars, pronounced K.

You can see millions of them pinballing around Tokyo but for some reason they have never been sold outside of Japan until now.

Suzuki's electric eSky, *right*, measures just 3.4 metres long and has a 64hp motor yet comfortably seats four adults.

The first boatload arrives early next year.

Honda is doing something similar with Super N but that's a little longer and has more power than the micro cars are allowed in Japan.

THE DVLA has banned more than 500 rude or offensive numberplates ahead of the 76-plate change on Tuesday. Examples include SH76 HAG, SH76 TTY, TR76 NNY, NU76 SAC and WW76 NKR.

THE private reg WC26 WON is listed on eBay for £10,000. Arsenal's Mikel Merino?

DON'T MISS motors EVERY THURSDAY

TRIED & TESTED with JANE ATKINSON

THE kids are heading back to school, which means more germs for the rest of us – even those without kids.

Once a child gets flu-like symptoms, around one in eight family members can go on to develop them within a week and spread them around. Make sure everyone's getting what they need nutritionally.

But if that fails, here are three supplements that could help . . .

VITAMIN C

VIRIDAN'S Viridikid Vitamin C drops come from the acerola cherry, which is so rich in vitamin C it can contain roughly 30 times more per 100g than an orange.

It's a natural source of the immunity-boosting vitamin which reduces tiredness, helps formation of bones and teeth and protects cells from oxidative stress. The cherries from Brazil are freeze-dried, added to organic glycerine from coconut, and mixed with orange oil for a great flavour.

Mix it into smoothies or juices or just have off the spoon. It's very sweet.

£14.85 for a 50ml bottle. viridian-nutrition.com

+ FITNESS
+ FAMILY HEALTH
+ DIET & NUTRITION
+ SLEEP & WELLBEING
+ MENTAL HEALTH

Sun ON SUNDAY

By LUCY GORNALL

WE can all get that light-headed feeling when we get up too quickly.

Most of the time it's harmless. But would you know when a bout of dizziness is something you must seek medical attention for?

If it happens regularly, it might point to something else going on inside your body.

Dr Natasha Fernando, Medical Director at Medichecks, tells Sun Health: "When you stand up suddenly, gravity causes blood to pool briefly in the legs.

"In a healthy system, your heart and blood vessels compensate almost instantly by increasing heart rate and tightening blood vessels to maintain blood flow to the brain.

"When this is delayed or insufficient, the brain receives less blood and oxygen, and you feel dizzy, like you might faint."

But, frequent dizziness shouldn't be ignored as it could indicate one of these problems . . .

LOW BLOOD PRESSURE

DIZZINESS could be a sign of low blood pressure or a symptom of other conditions.

Dr Samantha Wild, Women's Health Clinical Lead, Bupa Health Clinics, says: "It could be Parkinson's or heart issues, or the result of taking certain medications.

"Lifestyle, such as being dehydrated, drinking alcohol or using recreational drugs, as well as being too hot or cold, can also lead to lower blood pressure."

It can strike at any age, but it's more likely from age 50. You might also feel sick and have blurry vision.

If you're between 40 and 74, you should have your blood pressure checked at least once every five years as part of the free NHS health check.

Dr Wild adds that most of the time, low blood pressure can be managed by increasing fluid and salt intake, wearing compression socks and eating small but regular meals.

TABLET SIDE EFFECTS

SOME medications can contribute to light-headedness.

Examples include blood pressure medications such as diuretics and beta-blockers, some antidepressants and medications that cause dehydration or vasodilation (widening of the blood vessels), says Anthony Freestone, St John Ambulance's Associate Clinical Director.

Sedatives, sleeping tablets and some antihistamines can also cause dizziness. "These medications can sometimes lower blood pressure when standing, leading to dizzy symptoms," he says.

"If symptoms occur, patients should not stop medication abruptly but should speak to their GP."

DEHYDRATION

IF your fluid intake is low, the volume of blood circulating around your body drops.

"With less blood volume, your blood pressure can fall, especially when you stand up, meaning less blood reaches the brain briefly, which can trigger light-headedness or even fainting," says Dr Wild.

The NHS says adults should drink between 1.5 and 2.5 litres of fluids each day, depending on your lifestyle, and no-sugar drinks including tea and coffee count.

Even mild dehydration, which can cause thirst and a headache, can cause dizziness.

"This is particularly true if you're hot, have been exercising, have had alcohol or are prone to low blood pressure," says Dr Wild.

If you've been vomiting or had diarrhoea, your chances of dehy-

When to call 999

SOMETIMES your dizzy spells require urgent help. Dr Fernando says: "Call 999 or visit A&E if you experience a loss of consciousness, especially with no warning or recovery that is slow, chest pain or tightness alongside dizziness, sudden severe headache described as the worst of your life, weakness or numbness down one side of the face or body, slurred speech or confusion, palpitations with a very fast, slow or irregular heartbeat, and/or dizziness after a head injury." She adds that it could be an underlying problem such as a heart rhythm issue (an arrhythmia) or heart failure.

'Drinking alcohol or using drugs can lead to lower blood pressure…and dizziness'

See Tuesday's Sun for THREE PAGES of health

SUPERFOOD

IMAGINE getting a child to eat 50mg each of spirulina, barley grass, spinach, broccoli, chlorella, moringa and wheatgrass, plus 100mg each of apple and pineapple powders in one sitting – and enjoy it.

Impossible, right? Well, I thought so too until I got my seven-year-old to try LittleVitz Kids Super Greens.

It's a chocolate-flavoured powder you mix with milk, and it contains 13 vitamins plus calcium, iron and magnesium, alongside more than 20 fruit, vegetable and greens ingredients. There are no added nasties and there are decent amounts of vitamins.

It's for kids over three and especially useful if you've got a fussy eater. Developed and made in the UK.

From 80p per serving, littlevitz.com

GUMMIES

TONIC Health Kids Multivitamin Gummies are great because – unlike many others on the market – they are free from added sugar and artificial sweeteners, with beetroot fibre used for sweetness instead.

And they taste lovely with a wonderful strawberry flavour. Plus they're vegan, which many gummies aren't.

Two gummies provide 12 vitamins and minerals plus 3g of fibre.

They also contain decent amounts of the vitamins.

I especially like the fact there's 10µg of vitamin D3 which is in line with NHS guidance for children aged one and over.

If you're looking for a multivitamin to give your child on the go, these are great.

From 57p per serving, tonichealth.co

HEALTH+

Edited by **LIZZIE PARRY**

What's making your head spin?

dration are higher too. The doctor adds: "A simple way to gauge hydration is to look at your urine. Pale, straw-coloured suggests you're well hydrated."

LOW IRON

EVER consider your iron levels?

"Iron plays a crucial role in helping your blood carry oxygen around the body," says Dr Wild.

"If your iron levels are low, less oxygen reaches these tissues, which can leave you feeling tired, weak, short of breath, dizzy or light-headed."

These are the symptoms of iron-deficiency anaemia. "Women are more likely to experience low iron levels," Dr Wild explains.

"When periods are heavy, the body may lose more iron than it can replace through diet, which raises the chance of feeling dizzy."

If a blood test detects low iron, you may be told to eat more iron-rich foods such as red meat, beans, lentils and leafy green vegetables such as spinach.

"Improve iron absorption by including vitamin C-rich foods alongside iron sources and/or take iron supplements if advised by a health professional," she adds.

BLOOD SUGAR LEVELS

CHANGES in blood sugar levels can cause dizziness.

It's more common in people with diabetes, especially if meals are missed, alcohol is drunk or medication doses are not balanced with food intake.

"Blood sugar can contribute to light-headedness, particularly when levels drop too low," says Anthony.

Dr Fernando adds: "Equally, very high blood sugar in people with undiagnosed or poorly controlled diabetes can cause dizziness, blurred vision and dehydration."

To prevent blood sugars rising and dropping rapidly, Anthony says: "Eat regularly and keep meals balanced by including complex carbohydrates (brown rice, oats, wholemeal bread) and protein (meat, fish, eggs, tofu)."

Reduce high-sugar, ultra-processed foods, which can cause big spikes in blood sugar.

If you are diabetic and feel dizzy, check your blood glucose level and follow your management plan, says Dr Fernando.

Clench your bum to stop dizziness

WHEN dizziness strikes, sit down and use the muscle-clenching hack.

"You can encourage your blood pressure to rise by drinking water and clenching your bum and tummy muscles," says Dr Wild.

This acts a little like a muscle "pump", helping push blood back towards the heart and supporting circulation.

"Cross your thighs and make tight fists too," says Dr Wild.

If you feel dizzy while standing, cross your legs like scissors.

ASK Dr Zoe

Expert advice from Dr Zoe Williams, our resident specialist and NHS GP

Q I READ one of your recent columns and identified with the reader who gets leg and foot cramps several times a night. These have plagued me in my later years – I've just entered my 90th year – but I have found a way to beat them.

The trick is to stand up, or get out of bed, and with straight legs put all the weight (while holding on to something) on to the problem foot. It forces the foot skeleton to adopt its natural shape and the muscles or tendons to relax.

A Thank you for sharing this – and congratulations on entering your 90th year.

Your tip makes good sense. When cramp affects the foot or shin, the muscles can pull the toes, arch or foot into an awkward position.

Standing carefully, with support, and putting weight through the foot can help stretch the muscles and encourage the foot back into a more natural shape.

For calf cramp, a similar principle applies: Gently pulling the toes up towards the shin, or standing and leaning forwards with the heel down, can help lengthen the cramped muscle.

The important word is "carefully". Anyone who is unsteady, frail, dizzy or at risk of falls should avoid jumping out of bed suddenly in the dark.

Sit up first, use a light, hold on to something stable, and only stand if safe. Sometimes the simplest physical measures are the most effective.

Night cramps can happen for many reasons.

Triggers include dehydration, overexertion, prolonged sitting, alcohol, some medicines and low or abnormal levels of salts such as magnesium, calcium or potassium. But it can also be related to circulation problems, nerve irritation, thyroid problems, diabetes and kidney issues.

I told the last reader, who was getting cramps almost every hour, to check if blood tests were needed.

EMAIL Dr ZOE health@thesun.co.uk

the Sunday

Your fantastic three-page

double Sun DOKU

TODAY'S TEASER

Call 0905 757 0156 for clues or solutions. Cost £1 per minute plus network access charge.

	8			6	1		2	9
6		5	2			1		
	1		5					6
	6	3		8	2			
4			1			6		2
1			6					8
	4			7		2		
2							4	
5		6		2	4			

TODAY'S TOUGHIE

Call 0905 757 0152 for clues or solutions. Cost £1 per minute plus network access charge.

5		7		4				1
	6		1			4		
	4			8			5	
		9	7		3			
7			2			6		3
				5	8		7	
3	5				1			8
		4				3	6	
		6		3				2

Calls cost £1 per minute from BT landlines plus network extras

YESTERDAY'S SOLUTIONS

Teaser

9	4	8	6	7	1	3	2	5
2	5	3	4	9	8	7	1	6
6	1	7	2	5	3	8	4	9
1	8	9	7	3	5	4	6	2
7	2	5	1	4	6	9	8	3
4	3	6	8	2	9	1	5	7
8	9	4	5	6	7	2	3	1
3	6	1	9	8	2	5	7	4
5	7	2	3	1	4	6	9	8

Toughie

1	4	6	5	8	7	3	9	2
2	9	7	1	3	6	5	8	4
3	5	8	4	2	9	7	6	1
9	1	3	8	7	4	2	5	6
6	7	4	2	5	3	8	1	9
5	8	2	9	6	1	4	3	7
7	2	5	6	9	8	1	4	3
4	3	9	7	1	5	6	2	8
8	6	1	3	4	2	9	7	5

MINDBENDER

[a] Sparse [b] Facial [c] Hedgehog

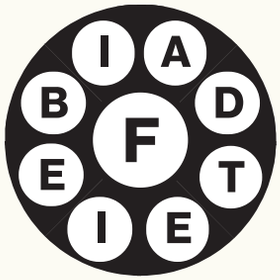
BRAINBOX

4 koftas, 5 drumsticks, 9 sausages and 10 burgers

HAPPY BIRTHDAY TO...

HOLLYWOOD superstar **CAMERON DIAZ**, **54**, *right*, US tennis great **ANDY RODDICK**, **44**, Angel Of The North sculptor **ANTONY GORMLEY**, **76**, singer **BEBE REXHA**, **37**, record producer and DJ **PAUL OAKENFOLD**, **63**, Eurovision legend **DANA**, **76**, and former Leeds and Scotland defender **LIAM COOPER**, **35**.

SUNDIAL



SEE how many words of four or more letters you can "dial" using the one at the centre in each word.

You can make at least one word using all of them. Don't use the letters more than once in any word.

No proper names or plurals ending in 's'. Words from Collins Concise Dictionary.

BRILLIANT: 16. EXCELLENT: 13. GOOD: 10. GREAT SCORE FOR KIDS: 8.

YESTERDAY: Airy, alimony, almonry, amity, army, artily, arty, inlay, irony, laity, limy, litany, loamy, lory, mainly, maity, manly, many, matronly, mayo, mayor, minty, molarity, monty, morality, moray, mornay, nary, notary, oaty, oily, only, rainy, rayon, rimy, riyal, royal, ryot, tiny, tray, trimly, troy, tyro, yarn, NORMALITY.

Check today's answers by calling 0905 757 0155 before midnight. Calls cost £1 per minute plus your telephone company's network access charge.

Calls for extra clues and answers last no longer than two minutes (Sundial answers may vary). Helpline: 0333 202 3390 (9am-5.30pm). Service provider: Spoke, W1T 4HD

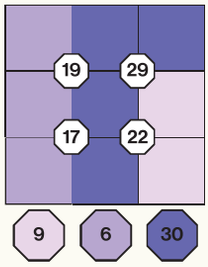
SET SQUARE

Place each of the digits 1 to 9 in the grid to make the sums work. We've started you off with two numbers. Solve the calculations in order, left to right, or top to bottom.

	×	3	÷		= 12
−		+		×	
	+		−		= 11
+		+		÷	
	−		÷	1	= 2
= 9		= 17		= 8	

Sun SAKURO 1

Enter the numbers 1 to 9 in the spaces so that the number in each octagon is equal to the sum of its four surrounding squares. Each coloured area should add up to the colour totals below.



Sunday quizword

ACROSS

1 Original name of the USA's largest city (3,9)
8 Capri or Skye, eg (4)
12 Railway carriage provided with beds (8,3)
13 Popular cat breed with blue almond-shaped eyes (7)
14 Media and entertainment conglomerate that gave the world Mickey Mouse (6)
15 First name linking architects Gehry and Lloyd Wright (5)
16 Alternative philosophy or culture (3,3)
20 US motorhome (9)
22 From Kyiv? (9)
23 Archipelago in the Bay of Bengal neighbouring the Nicobar Islands (7)
25 Indian yogurt drink (5)
26 Nickname of Thomas Waller, jazz musician (4)
29 Paddington Bear's birthplace (4)
30 The Kiss sculptor (5)
31 Armenia's capital (7)
35 Chemical name for rust (4,5)
36 London criminal court (3,6)
38 West Yorkshire town famed for its moor (6)
39 Joel Coen's film-director brother (5)
40 Male tennis player who won the US Open in 1994 and 1999 (6)
44 Language spoken on the India/Pakistan border (7)
46 Part which surmounts the columns, in classical architecture (11)
47 Ms Falco, US actress (4)
48 Antioxidant in colourful fruit and vegetables (4-8)

DOWN

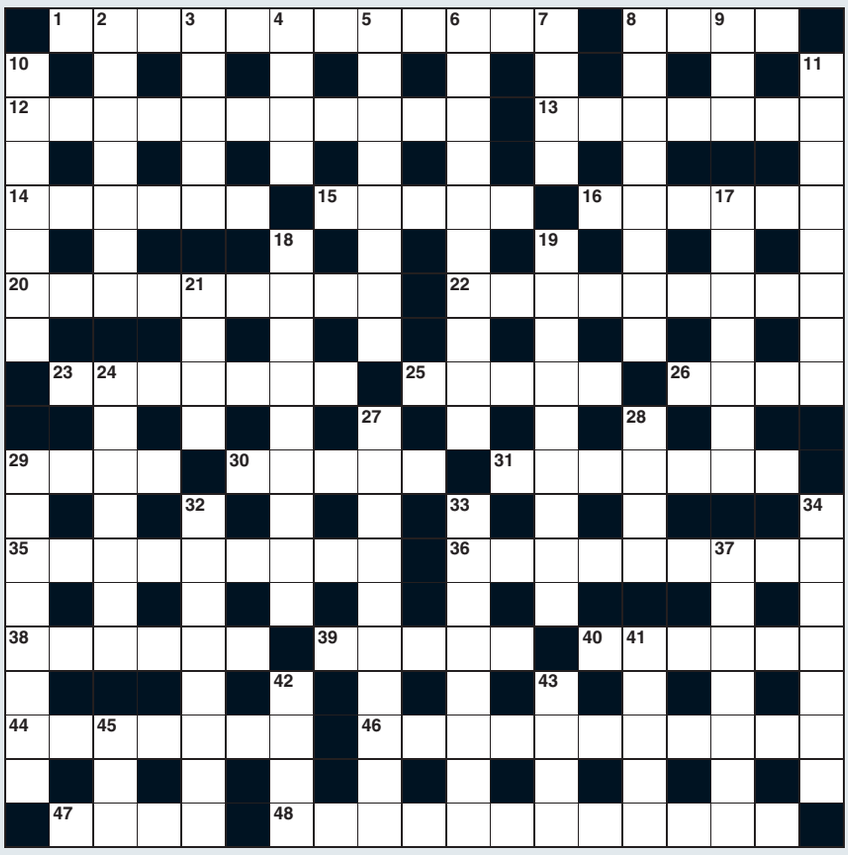
2 American philosopher and poet whose middle name was Waldo (7)
3 Beatles' record label (5)
4 Major entertainment and technology company based in Japan (4)
5 French word for a snail (8)
6 Simon Le Bon's band (5,5)
7 Comedy-drama set in a Korean War field hospital (inits)(4)
8 Author of Rosemary's Baby (3,5)
9 University in the UK capital founded by Fabian Society members (inits)(3)
10 Surname of Paddy, Leader of the Liberal Democrats 1988-1999 (7)
11 Mountain range of south-central France (8)
17 Hero of The Arabian Nights (3,4)
18 Northern region of Spain containing Barcelona (9)
19 Musical term for a build-up of volume (9)
21 Biblical son of Isaac and Rebecca (4)
24 Main county containing the Broads (7)
27 Liverpool railway station (4,6)
28 Hindu holy writings (4)
29 Wife of Edward III (8)
32 Given moniker (8)
33 Type of poetry espoused by Wordsworth and Blake (8)
34 Another name for fool's gold (7)
37 County Antrim/Down city south-west of Belfast (7)
41 Surname that links actors Hugh and Cary (5)
42 Surname of the Bee Gees brothers (4)
43 App-based cab company (4)
45 Homer Simpson's neighbour (3)

YESTERDAY'S SOLUTION

ACROSS: 1 East Sussex, 6 Scabbard, 12 Omaha, 13 Vanuatu, 14 Lotus, 15 Aberdare, 16 Yul Brynner, 18 Chopin, 20 New Look, 22 Boer, 25 Ted 26 Nadal, 27 Officiant, 29 Ash, 30 Merganser, 31 Nolte, 32 D'oh!, 34 Cats, 36 Aniston, 37 Amanda, 40 Ouija board, 42 Weymouth, 45 Aston, 46 Sandman, 47 Lynda, 49 Dortmund, 50 Alexandria.
DOWN: 1 Ego, 2 Shareholder, 3 Shard, 4 Severn, 5 Edna, 7 Chubb, 8 Boleyn, 9 Antonio, 10 Desert Rat, 11 Samuel Johnson, 15 Ascot, 17 Neil Armstrong, 19 Ionian, 21 Offaly, 23 Edison, 24 Scream, 28 Aidan Turner, 30 MacDonald, 33 Heath, 35 Twister, 38 Barnum, 39 Lennox, 41 Olsen, 43 Milan, 44 Amal, 48 Ada.

Check today's answers before midnight by calling 0905 757 0157 for Across and 0905 757 0160 for Down. Calls cost £1 per minute plus your telephone company's network access charge.

Purchase the latest Sun Puzzle Books, including crosswords, wordsearches & sudoku, for as little as £4.99 from the HarperCollins website harpercollins.co.uk or phone 0141 306 3100.



bumper puzzle section starts here

More puzzles than any other paper

CLUE SQUARE

Using the nine letters provided, can you answer these clues? Every answer must include the highlighted central letter. Which word or phrase uses all nine letters? There may be more than one.

R	E	H
G	Y	I
T	A	L

5 letters
Baton-passing race
Furry, covered in down
Merrily
Premature
Tier

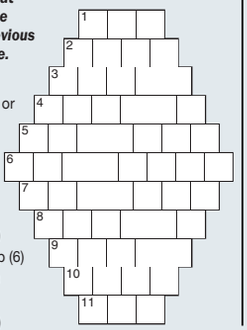
6 letters
Diamond sock pattern
Enthusiastic
Four score
Merriment
Racy, ribald

7 letters
___ TV, true-life programmes
Angrily
Truly
Very

8 letters
Lack of energy

BRICKWORK

Answer each clue so that every entry contains the same letters as the previous entry, plus or minus one.



1 Pod vegetable (3)
2 Peel the skin off (fruit or vegetables) (4)
3 Narrow to a point (5)
4 Say or do again (6)
5 Be earlier than (3-4)
6 Interfered (with) (8)
7 Beef or lamb, eg (3,4)
8 Imagined while asleep (6)
9 Buying and selling (5)
10 Move quickly (4)
11 Long-tailed rodent (3)

PATHFINDER

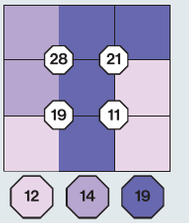
Beginning with the highlighted letter, follow a continuous path in the grid to find the listed items to do with breakfast. The path passes through each and every letter once, and may twist up, down or sideways, but never diagonally.

E	S	B	O	I	L	E	D	E
G	A	S	U	S	N	A	E	G
U	I	T	A	S	A	L	B	G
R	F	T	O	M	E	G	O	Y
M	T	N	M	T	R	U	E	S
A	R	A	A	T	O	E	K	A
A	M	S	S	T	E	S	O	L
L	E	C	I	T	L	E	M	F
A	D	R	O	E	C	O	R	N

BEANS
BOILED EGG
CORNFLAKES
CROISSANT
FRUIT
MARMALADE
MEAL
OMELETTE
SAUSAGES
TOMATOES
YOGURT

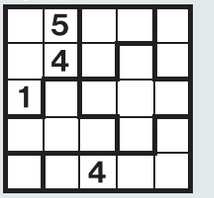
Sun SAKURO 2

Enter the numbers 1 to 9 in the spaces so that the number in each octagon is equal to the sum of its four surrounding squares. Each coloured area should add up to the colour totals below.



SUGURU®

Each cell in an outlined block must contain a digit: a two-cell block contains the digits 1 and 2, a three-cell block contains the digits 1, 2 and 3, and so on. The same digit must not appear in neighbouring cells, not even diagonally.



THE NAME GAME

EACH clue leads to a well-known name. Put the initials or stated letters in the appropriate squares to identify a rugby player:

1	2	3	4	5		6	7	8	9	10

10 & 7	She had a top 10 hit with the country song Choosin' Texas
3 & 4	The keyboardist and only continuous member of Duran Duran
5 & 2	Michelle, who starred in Tomorrow Never Dies and Crouching Tiger, Hidden Dragon (first two letters of name)
1 & 6	His hits include Watermelon Sugar and As It Was
8 & 9	Presenter who co-hosted Good Morning Britain along with Nick Owen

● **Yesterday: Boxer CONOR BENN (Dean (Henderson), John (Laurie), Charlie Brooker, Rory (McCann), Nicholas (Soames)). Another Name Game in The Sun tomorrow.**

■ **If you can't wait until tomorrow for the answers, just call 0901 293 6298. Calls cost £1 plus your telephone company's network access charge.**

MINIDOKU

As normal sudoku, using digits from 1 to 4.

	4	2	
	3		
		3	
	2	4	

			4
		3	
	4		2
2		4	

PUB QUIZ

1 Movies
Who directed the 1996 black comedy Fargo?

2 Music
Everybody Wants To Rule The World was a hit for which English band?

3 TV & Radio
Which long-running BBC current affairs programme has been broadcast since 1953 and is named after a picture format?

4 Leisure
In contract bridge, how many cards are dealt to each player?

5 Geography
Which river forms much of the border between Slovakia and Hungary?

6 Science
In astronomy, Phobos and Deimos are the moons of which planet?

7 Art & Literature
In Homer's Odyssey, which creature waits twenty years for Odysseus to return home?

8 People
Which chemist devised the periodic table of elements?

9 Words
Xanthic describes something that is what?
[a] Bitter in taste
[b] Yellow in colour
[c] Perfectly symmetrical

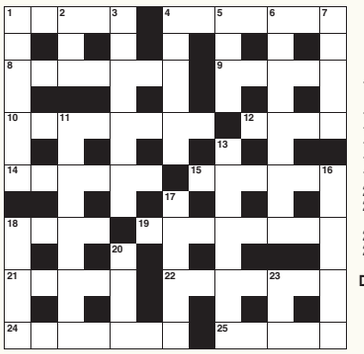
10 The British Isles
Which Scottish loch is Great Britain's largest body of fresh water by surface area?

11 Food & Drink
What is the principal spirit used in a sidecar cocktail?

12 Pot Luck
How many squares are there on a standard chessboard?

TWO-SPEED CROSSWORD

Two sets of clues but the answers are the same



Check today's answers before midnight by calling 0905 757 0150 for Across and 0905 757 0151 for Down. Calls cost £1 per minute plus your telephone company's network access charge.

Cryptic clues

ACROSS
1 Break faulty breadmaker (5)
4 Counterpoint in divorce turned out scarcely sufficient (7)
8 Reportedly studied droop – a warning sign (3,4)
9 Eton essentially blocking enjoyment in bed (5)
10 Popular female lightly cooked duck, to begin with, in radiation (8)
12 Liquid fuel in chimney (4)
14 Extremely gradual long problem (6)
15 Arab in the old derelict mine (6)
18 Enemy conceals large sheet of floating ice (4)
19 Try and pitch unusual work of art (8)
21 Dr John turned over to slaver (5)
22 Outings around Croyde on vacation, showing muscle (7)
24 Dance record eviscerated, creating conflict (7)
25 Dressing in uniform in South American church (5)

DOWN
1 Local leader doing dog impression (7)
2 Child stopping aikido (3)
3 Trust cleaner, I suspect (8)
4 Made greedy nurses point (6)
5 Peter is uninjured (4)
6 Trouble in main channel for big guns (9)
7 Many exams initially stressful (5)
11 Light-hearted fool with virus out of order (9)
13 Loses hope as spider jumps around (8)
16 Part of bulletin has terminated quickly (2,5)
17 Irritated German judge with bit of dialect (6)
18 Fashion editor slowly disappeared from view (5)
20 Likewise, American leader somewhat overbearing, primarily (4)
23 Fast runner's thigh bone exposed (3)

Coffee time

ACROSS
1 Cheryl, Eurovision winner with Bucks Fizz (5)
4 Having a higher register than related instruments (7)
8 Symbol of socialism (3,4)
9 Transforming piece of furniture (5)
10 Part of the electromagnetic spectrum with a longer wavelength than light (8)
12 Channel (4)
14 Malfunction in a spacecraft (6)
15 Someone from Aden, perhaps (6)
18 Mass of ice floating in the sea (4)
19 Painting or carving on three panels (8)
21 Saliva (5)
22 Muscle responsible for straightening the elbow (7)
24 Harsh mingling of sounds (7)
25 Cheekiness (5)

DOWN
1 Town on the Thames, just south of Ilford (7)
2 Tease (3)
3 Dependence (8)
4 Higher education qualification (6)
5 Out of harm's way (4)
6 The science of handling guns (9)
7 Taut (5)
11 Unimportant (9)
13 Is discouraged (8)
16 Impetuously (2,5)
17 Turned food into small thin slices (6)
18 Less colour than previously (5)
20 In addition (4)
23 Large flightless bird (3)

YESTERDAY'S SOLUTION

ACROSS: 1 Sad-dle, 4 Edit-o-r, 9 Ri-v-al, 10 Russian, 11 Barista, 12 An-kle, 13 Devastating, 18 Tr-a-mp, 20 L-a-y-over, 22 Do(o)rma-n-t, 23 All-ow, 24 Ornate, 25 S-t-ay-up.

DOWN: 1 S-crib-e, 2 Divers-e, 3 L-(g)ulls, 5 Distant, 6 T-h-ick, 7 R-enter, 8 Breast-plate, 14 As-p-halt, 15 Novelty, 16 Stud-i-o, 17 D-raw-up, 19 Apron, 21 Y-east.

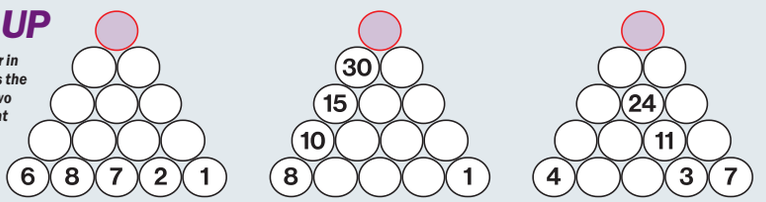
ARROWORD

The arrows show the direction in which the answer to each clue should be placed.

Fact used by a detective	Bags and cases	Practise (a stage show)		Beast of burden or fool		Stylishly fashionable		Blade of a helicopter		__ Fey, comedy actress		Objects laid by hens	
				Instruction ▶									
Fairy-tale giant		That guy's ▶				Cold vege-table dish		Rash speed		__ Hamilton, F1 driver		Gruelling car race	
				Close at hand	Students ▶								
Large sword		__ Maxwell Martin, actress ▶					(We) exist ▶				Fitting, suitable		Golfer's aid
					__ Angeles, Californian city ▶				__ Disney, cartoon animator ▶				
Measuring machine		Long detailed story ▶					Multiply by three ▶						
					To __ for, highly desirable ▶				Inflamed swelling of the eye ▶				

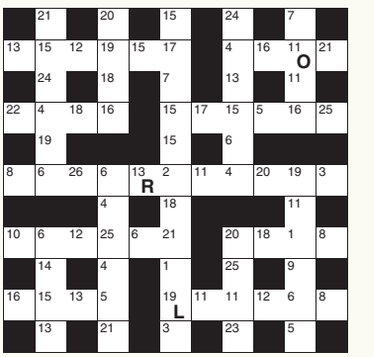
ADD UP

If the number in each circle is the sum of the two below it, what is the top number?



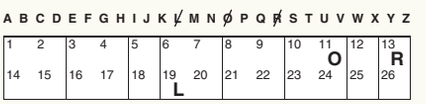
WORD WORKOUT

THIS is the world's best brain-teaser, The Sun's clueless crossword. Here is how to play: Each grid number in our Word Workout game represents a letter. So if you think 4 is the letter E, write E in all the squares with a 4. All the alphabet is used and we have supplied some letters to start you off. We will print the answers tomorrow.



YESTERDAY'S SOLUTION
ACROSS: Networker, Infer, Uncut, Immune, Area, Null, Jetted, Reuse, Graze, Acquitted.
DOWN: Elf, Wiring, Rout, Excerpt, Visionary, Straddled, Mollusc, Height, Beau, Ate.

For 4 Extra Clues Call 0901 293 6299
Calls cost £1 plus network access charge
or text SUNWORD to 64343
Texts cost £1 plus your standard network rate
For clues from the last 7 days CALL 0905 624 0010 Cost £1 per min plus network charge



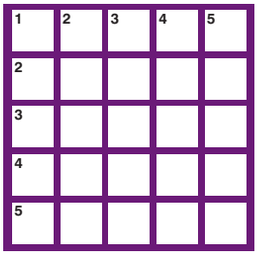
the Sunday

More puzzles than any other paper

WORD SQUARE

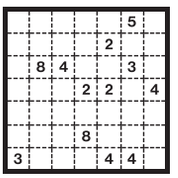
ACROSS
1 Pulsates
2 Sound broadcasting
3 Food smell
4 Disrobe
5 Casts off

DOWN
1 Alloy of zinc and copper
2 Our planet
3 Dote on
4 Easily alarmed
5 Long-running TV serials



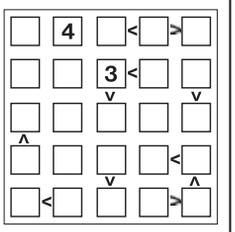
CELL BLOCKS

Divide the grid into blocks that are either square or rectangular. Each block must frame a single number, and each block must contain the same amount of cells as the number it frames.



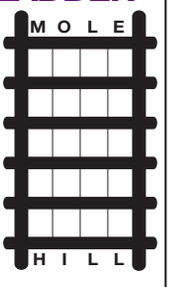
FUTOSHIKI

Use the greater than (>) and less than (<) signs to fill in the squares with the numbers 1-5. The same number cannot occur more than once in any row or column.



WORD LADDER

Change one letter at a time (but not the horizontal position of any letter) to make a new word – and move from the word at the top of the ladder to the word at the bottom using the exact number of rungs provided.



SPOT THE SAYING

Which two well-known sayings or expressions can be found below?

1
READ READ READ
READ IT READ
READ READ READ

2
SCHOONER

WORDSEARCH

These items to do with footwear can all be found in the grid. Words may run either forwards or backwards, in a horizontal, vertical or diagonal direction, but always in a straight, unbroken line.

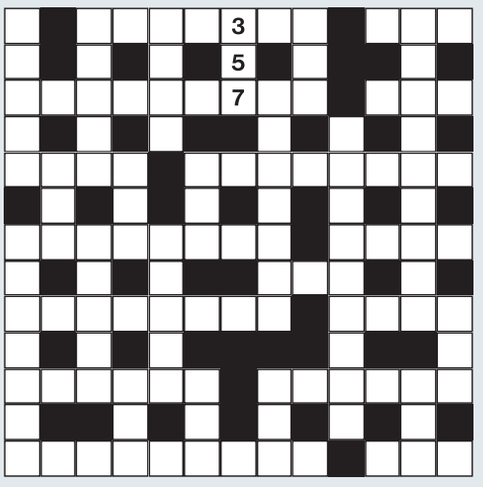
Y	Z	N	D	O	T	T	E	L	I	T	S	R	N	N	Y
D	G	E	T	O	O	B	B	C	M	N	A	I	T	I	U
A	N	N	C	P	D	R	R	O	T	I	A	A	B	G	N
M	R	R	T	A	O	I	A	U	S	L	I	P	P	E	R
W	O	N	Y	G	L	L	U	R	R	C	D	R	A	I	T
L	H	F	U	N	A	E	I	T	A	E	P	U	M	P	S
S	E	E	L	D	R	T	O	S	I	T	K	S	G	M	F
I	O	E	N	I	R	A	E	H	H	B	L	A	P	E	C
Z	H	A	H	A	P	O	D	O	S	I	N	R	E	B	H
E	S	U	I	I	H	F	E	E	N	T	S	R	E	N	E
A	S	N	C	S	N	T	L	G	R	O	E	E	P	I	S
A	E	E	K	L	A	T	B	O	C	Y	L	F	T	E	C
R	D	C	L	K	O	A	R	K	P	U	G	A	O	N	M
I	E	A	S	O	C	G	H	E	M	U	T	O	E	R	N
D	E	A	I	K	S	Y	L	L	E	W	S	L	Z	W	E
C	D	S	R	E	D	A	W	P	L	I	M	S	O	L	L

BOOT
BROGUE
CLOG
COURT SHOE
DECK SHOE
FLIP-FLOP
HEEL
LOAFER
MULE
PAIR
PEEP-TOE
PLIMSOLL
POLISH
PUMPS
SANDAL
SHOEHORN
SHOELACE
SIZE
SKATE
SLINGBACK
SLIPPER
SNEAKER
SOCK
SOLES
STILETTO
TRAINER
WADERS
WELLY

SOLUTIONS IN THE *Sun* TOMORROW

NUMBERFIT

All of the listed numbers fit into the grid and there's only one way to do it. One number has been provided to get you started.



3 digits
131
179
249
297
325
~~357~~
400
596
643
833
841
878
913
970

4 digits
4279
6828
7722
9370

5 digits
41032
76073
90527
95236

6 digits
567436
941329

7 digits
4742315
5533494
7959543

8 digits
59570684
73917844
83354863

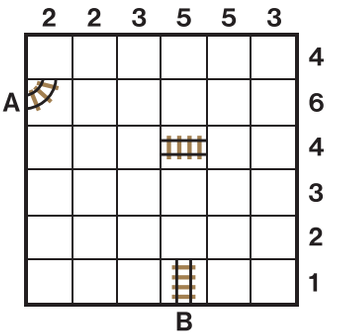
9 digits
240577756
309043637
342360712
842907911

NEWSPAPERS SUPPORT RECYCLING

The recycled paper content of UK newspapers in 2025 was 34.7%

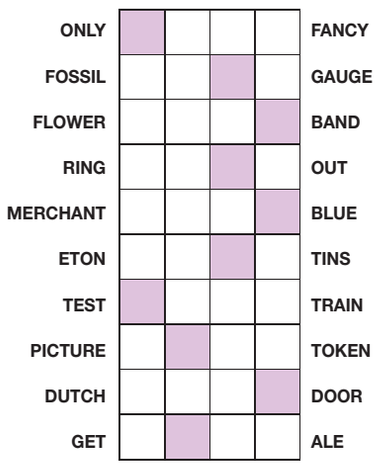
MAKE TRACKS

Lay tracks to enable the train to travel from town A to town B. The numbers indicate how many sections of rail go in each row and column. There are only straight rails and curved rails. The track cannot cross itself.



MISSING LINK

Find a word that can follow the word on the left and precede the word on the right. When you have filled in all the answers, the shaded squares will spell out a fictional park.



NUMBERCRUNCH

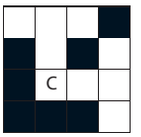
Starting at the top with the number provided, work your way down the three lines one at a time, applying all the mathematical instructions to your running total.

EASY	MEDIUM	HARDER
77	121	977
-38	-57	+3222
÷3	3/4 of it	÷13
+219	+123	-65
÷4	÷9	5/6 of it
+140	+307	+4850
÷6	Half of it	20% of it
-25	-68	+4945
×7	÷5	Third of it
+284	+270	-1737
ANSWER	ANSWER	ANSWER

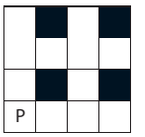
MINI FIT

Which one of the listed words won't fit in each of these mini grids?

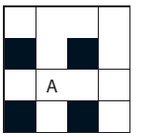
CON
LAC
OLD
UNI
ZOO



EASE
HEMP
ISLE
PIED
STEP

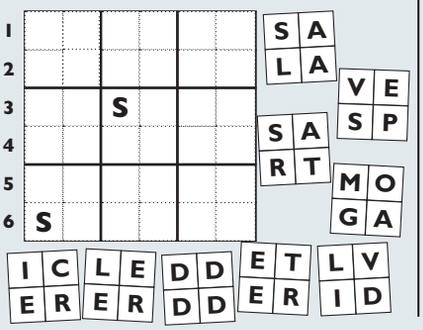


BIRD
LAIR
SWAB
TRAM
WEAK



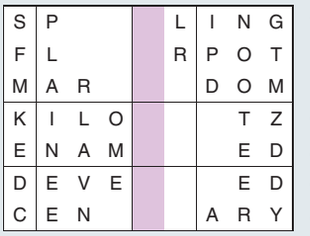
MINI JIGSAW

Fit the pieces in the grid to spell out a type of stitch in each row.



MIND THE GAP

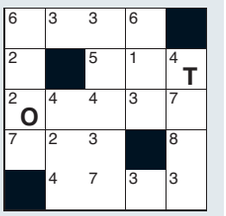
Place the three-letter words in the correct spaces to reveal a seven-letter word in the shaded squares.



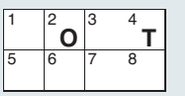
ARK
HER
LOP
OUR
OWE
TEN
TYR

MINI CODE

Eight letters have been given a number from 1 to 8. Break the code to complete the crossword.



D E I N Ø R T U



Gtech Cleaning up messes *before* they take over

BANK HOLIDAY SALE

20% OFF

HOME & GARDEN ESSENTIALS

Use code: **AUG20**

Daryl

The General

Order now at **www.gtech.co.uk** and use code **AUG20** at checkout *or* scan the QR code:

"Summer's the time to enjoy your home and garden. So, breeze through everything from vacuuming to lawnmowing, even styling your hair, with hard working products designed to make life easier."

Nick Grey *Inventor & Founder*

Gtech

20% sale ends 01/09/2026 or while stocks last. Excludes current promotions. Delivery is free to all UK addresses, for orders that contain a Gtech Vacuum, Wet & Dry Vacuum, Power Sweeper, Power tool, Lawnmower, Grass Trimmer, Hedge Trimmer and Hair Care. All other orders for spares and accessories only, will incur a £3.99 delivery charge. Next Day Delivery UK mainland only (excludes highlands). Visit Gtech.co.uk for full T&Cs.

the Sunday dear deidre

Edited by
SALLY LAND
Team: Jane Allton, Hilary Freeman, Kally Lewis, Catherine Thomas and Kate Taylor

No matter what the issue, I answer every single problem

FAMILY FORUM

Dear Deidre

VISITING Australia this year was a dream come true but now my boyfriend has been offered an amazing job out there and I feel so torn.

We are both approaching 40 and have two sons, seven and five. I know the outdoor lifestyle would be brilliant for all of us but every time I think about going I feel a mixture of excitement and guilt.

My mum has been such a big part of our sons' lives and they have a really close bond.

We'd be destroying that.

Mum and Dad are in their mid-sixties and are both in good shape – for now – but what happens when they start to get frail and more dependent on me?

I'm their only child and it feels so selfish to take their only grandchildren away and leave them to their own devices just before they start to age.

My boyfriend isn't particularly close to his parents and has two older brothers so knows they will be able to step in.

He isn't particularly supportive and keeps telling me that we'll have a much better life in Australia.

I know he's right but that doesn't solve my dilemma.

He needs to let the recruiter know within four weeks if he wants to take the role or not. He's a nurse, and this job would be a promotion, so I understand why he's keen.

He wants to start telling our family soon about our decision but I don't feel ready to take that step.

What should I do?

■ **DEIDRE SAYS: Certainly, Australia is a long way to get back to the UK when you need to, but that possible scenario is a long way off.**

There are so many outcomes but unless you give it a go, you'll never know if it was a good move.

Take a step at a time, talk to your family and explain what is worrying you.

If you do go through with the move, your parents could visit for a month or two every year, and you could be creating the best experiences for all of you.

And don't forget, you can always move back if it doesn't work out.

Ask your boyfriend to be patient and explain you will feel happier if you can secure your parents' support.

hot topic

THERE are many reasons why people self-harm, but often it is linked to overwhelming emotional distress. When feelings become difficult to process or communicate, self-harm can seem like a way to release some of that pain or regain a sense of control.

It can involve cutting, burning, scratching, hitting or taking harmful substances.

If you're struggling, or worried about someone close to you, my support pack, Understanding Self-harm, can help.

stories deidre's photo casebook

JENNA'S IMPOSSIBLE SECRET: **FINAL DAY**

Dear Jenna **ADAM'S angry reaction is understandable. He's only just learned about Lucy's cheating and will be feeling incredibly let down.**

Give him space to process her infidelity and then perhaps write him a message explaining that you tried to persuade her to come clean.

Reassure him that you thoroughly disapproved and let her know. Once he understands this wasn't a case of the two of you laughing behind his back, he will hopefully appreciate your position.

And as for Lucy, you can encourage her to build up her own self-esteem so her head isn't turned so easily. Let her know that if she ever puts you in a similar position again you'll find it very hard to support her.

My support pack, Standing Up For Yourself, should help you find the words. *Deidre*

Clothes by boohoo and boohooMAN

Dear Deidre

MY dad has remarried, and while I'm happy that he has someone to share his life with, I can't stand my new stepsister.

I'm 23, an only child and still live at home. Dad is 55.

He moped around for four years after mum left him and then joined an online dating site and met his new wife. I really like her but her daughter, who is a year older than me, has latched on to Dad.

She never knew her own father and it's as if she is desperate to acquire mine.

I think Dad feels bad for her as she isn't very confident. Last Christmas we got the same gifts from him – a gold bracelet each – which annoyed me.

I don't want to be mean but I can't cope when I know she is coming to stay.

■ **DEIDRE SAYS: It is a big adjustment becoming part of a blended family, especially as you will be used to having your dad to yourself.**

Your stepsister sounds keen to fit in. Rather than see her as a threat, try to see her as company for you also.

My support pack, Blended Families, will help.

Dear Deidre

WHEN my new girlfriend declared she was going to ride me like a cowgirl, I really enjoyed it. But five months on, I now realise this is more than a phase.

She only wants sex if she can go on top. The only variation is whether she is facing me or my feet, in the reverse cowgirl position. It has become monotonous.

Also, I seem to "fall out of her" more in this position and sometimes she lands heavily on me. I've read this can damage the penis.

Should I tell her she needs to stop?

■ **DEIDRE SAYS: It's true that the reverse cowgirl position is responsible for the most penile fractures. As you are concerned this may happen to you, it is time to talk and suggest a compromise.**

It is very one-sided to only ever have sex in her favoured positions. A good sexual relationship is all about strong communication.

It's important to be able to express your concerns and give your girlfriend the opportunity to show she cares.

My support pack, How To Have Great Sex, will help.

Mechanic lover is giving me a full service

Dear Deidre

WHEN I took my car in for repairs, my husband warned me not to let the local garage rip me off.

Little did he know the mechanic there would be ripping my clothes off within weeks.

I'm a 45-year-old woman, and although my husband is a good man, I'm not sure that I like or love him any more.

He's three years older than me and is very successful. He's a senior manager for a big medical supplies business and has provided a good living for our family.

We have one son who is 16 and my husband constantly barks orders at him and puts him down. I run a small online craft business and my husband is forever being snide about it.

I think being the big boss has gone to his head and he doesn't know how to adjust at home.

I didn't set out to cheat, but when the mechanic started chatting to me, I felt strangely alive.

He was so funny and attentive, and I left the garage feeling like I was walking on air.

When I went to pick up my car the next day he asked if I fancied a drink.

I wear a wedding ring, so he knew I was married, but neither of us acknowledged that.

We met for a drink a few evenings later and had a great couple of hours.

The next time we met, I told my husband I was staying with a friend overnight after her fiftieth birthday party.

We went back to my mechanic's flat and I had the best sex of my life. Neither of us wants anything serious. We are enjoying regular hook-ups, but I fear that we'll get discovered.

My husband has recently booked his car into the same garage for an MOT and I am increasingly uneasy.

here for you
On WhatsApp, Facebook, Email & Instagram
Is something troubling you? Our experienced counsellors are here to offer insight and practical help. Email or DM us (details below) or scan this QR code to send a WhatsApp.

■ **DEIDRE SAYS: This fling is a distraction from the growing disconnection you feel in your marriage. Your husband may be arrogant but he doesn't deserve to be cheated on.**

You are right to worry that your secret may be discovered, which would set off a destructive chain reaction. Better to put an end to this affair and work through your marital issues, otherwise you risk losing your family.

Talk to him about how his dismissive attitude towards you leaves you feeling undervalued and outline your concerns around the way he treats your son.

If you can't make headway, it's better to think about whether your marriage has run its course rather than complicating life with an affair.

My support pack, How Counselling Can Help, explains where to find reputable counselling.

get in touch Worried about something? My team is here to help. Please feel free to contact us and follow us. Online: thesun.co.uk/deidre WhatsApp: +44 7901 122493 Facebook: @DearDeidreOfficial Instagram:@dear.deidre Post: Dear Deidre, The Sun, 1 London Bridge Street, London, SE1

Dear Deidre

DID I TAKE ADVANTAGE OF MY WIFE?

SEEING my teenage daughter develop and go out on dates has made me question the age-gap relationship I have with my wife.

I'm 42 and my wife is eight years younger. We met when she was 16.

The attraction between us was intense and we couldn't keep our eyes off each other.

She came to work at the garden centre where I worked during the holidays and she lit up my world.

It was obvious that we both liked each other and everyone at work joked about us being like a married couple.

At the time, I thought I was doing the right thing by waiting until she was 17 to ask her out.

In the back of my mind I didn't want to be seen as a cradle snatcher.

She was really mature for her age, both in looks and character, and seemed far more self-assured than most women my age. Once we started dating our relationship developed quickly. And we married when she was 19.

I've always been proud of her, not just because she is good-looking but because I respect her opinions, too.

A few of my friends teased me about having a much younger wife, but the age gap never really became an issue in my mind.

That is until our daughter turned 15 recently. She loves nothing more than getting all made up and going out with her friends.

She's the image of her mother and although she looks like she could be in her early twenties, I know how young and naive she is. It's been making me question my whole marriage – and my own character.

My daughter is only a year younger than my wife was when I met her.

I'm tortured by the thoughts that I took advantage of a vulnerable teenager all those years ago.

I'm so upset, but I haven't been able to talk to anyone about this.

■ **DEIDRE SAYS: You will feel a lot happier when you talk to someone about this – and preferably that person would be your wife.**

It's true that an eight-year age gap is huge when the youngest partner is only 16, and as a 24-year-old you will have had a lot more life experience than your wife.

Times and attitudes are changing but it sounds like you have always treated her respectfully and can enjoy a clear conscience.

It's when the older partner – usually male – tries to control or manipulate the younger partner that there is a particular problem.

Over 50s Travel Insurance with no upper age limits

- 24/7 English speaking emergency helpline
- Unlimited medical cover available[1]
- Covered 27 million+ travellers
- Trusted for 25 years

SUMMER SALE 20% OFF* BASE PRICE

Which? Best Buy TRAVEL INSURANCE (MAY 2026, MAY 2025, JUNE 2024, FEBRUARY 2024)

Trustpilot Rated Excellent

defaqto ★★★★★ Travel Insurance 2011–2026 EXPERT RATED

INSUREANDGO Go without the doubt

Call our UK Call Centre FREE
0800 640 4817
InsureandGo.com

*InsureandGo Gold and Black achieved Which? Best buy. InsureandGo Gold and Black has been 5 Star rated by Defaqto. [1] Unlimited emergency medical expenses available on Black policies. * Discount applies to the base premium only, does not apply to any premium generated to cover medical conditions or optional extras and is automatically applied. This discount cannot be used in conjunction with any other offer. Offer ends at 23:59 on 31/08/26. See website T&Cs for more details.*

Travel Insurance for Over 50s

All ages, all conditions, all destinations^

SUMMER SALE 20% OFF* BASE PRICE

- Voted UK's No.1 for Customer Care[1]
- 24/7 English-speaking emergency helpline
- Trusted by millions for 25 years

Not all Travel Insurance is the same

Which? Best Buy TRAVEL INSURANCE (MAY 2026, MAY 2025, JUNE 2024, FEBRUARY 2024)

Trustpilot Rated Excellent

defaqto ★★★★★ Travel Insurance 2018–2026 EXPERT RATED

AS SEEN ON TV

Call our UK Team 7 days a week FREE
0800 249 4662
AllClearTravel.co.uk

AllClear™

AllClear Gold, Gold Plus and Platinum achieved Which? Best Buy. AllClear Gold Plus and Platinum has been 5 Star rated by Defaqto. ^ We offered cover in 99.5%+ of cases (2025 quotes) but can't guarantee cover in every circumstance. [1] UK Broker Awards, Customer Service Award 2025. * Discount applies to the base premium only, does not apply to any premium generated to cover medical conditions or optional extras & is automatically applied. This discount cannot be used in conjunction with any other offer. Offer ends at 23:59 on 31/08/26. For more information please refer to T&Cs at AllClearTravel.co.uk.

DogsTrust

We promise to never put down a healthy dog.

Please promise to leave a gift in your Will to give dogs a lifetime of love and care.

A gift in your Will to Dogs Trust can help take care of around 14,000 dogs in one of our 22 rehoming centres, located all across the UK. We need the help of kind people like you to give abandoned dogs the happy and healthy life they deserve.

To get your free guide about gifts in Wills
E: infopack@dogstrust.org.uk
T: 020 7837 0006
Please quote **"1058903"**, or complete the coupon below.

☐ **Please send me a free guide about gifts in Wills**
(Please fill out in block capitals)

Mr/Mrs/Miss/Ms/Other

Address

Postcode **1058903**

From time to time we would like to send you exciting updates about our work, products, services and how you can support us, including fundraising activities and research by post. If you'd rather not receive these mailings, please tick here ☐

We treat your personal information with care and respect your privacy. We do share your information with Dogs Trust and its subsidiaries. Your personal information is never shared with third parties for their own marketing purposes. It may be processed on our behalf by carefully selected partners. For more information about how we look after and analyse your data, please visit our privacy policy: **dogstrust.org.uk/privacy**.

Please send this coupon to:
FREEPOST DOGSTRUSTL
(No stamp required)

Registered with FUNDRAISING REGULATOR

A dog is for life®
dogstrust.org.uk

Registered Charity Numbers 1167663 & SC053144. Co. Ltd 09365971.

© Dogs Trust 2026

The Sun TRAVEL | MSC CRUISES | cruise1st

FROM
£549
PER PERSON

INCLUDES THE ALL-INCLUSIVE PREMIUM EXTRA DRINKS PACKAGE AND ALL ONBOARD GRATUITIES

ALL-INCLUSIVE NO-FLY GEMS OF NORTHERN EUROPE

MSC Preziosa • 7 nights • October 2026 to April 2027 *(Itinerary may vary)*

CRUISE ITINERARY:

Southampton – Hamburg, Germany – Zeebrugge (Bruges), Belgium – Rotterdam (Amsterdam), Netherlands –Le Havre (Paris), France – Southampton

WHY NOT UPGRADE?
Oceanview from **£659**PP • Balcony from **£659**PP

CALL NOW 0808 304 2692
Visit: cruise1st.co.uk/suntravel Quote: SUNFRACT

TERMS AND CONDITIONS: Prices and itinerary may vary by date. A limited number of staterooms are available at these promotional prices and may be withdrawn at any time. All prices are from prices and are pp and based on two sharing. Offers include all meals and entertainment on board ship and all taxes and surcharges. Visas may be required for certain destinations and are the customer's responsibility to obtain – please check at the time of booking. Transfers and gratuities may not be included, please ask at the time of booking. Full terms and conditions apply. Prices are correct at the time of going to print. Drinks package is subject to the cruise line's terms and conditions. Please drink responsibly.

The Sun TRAVEL | IGLU CRUISE | PRINCESS

FROM
£1,749
PER PERSON

EXCLUSIVE IGLU CRUISE SAVINGS

HOTELS AND OVERSEAS TRANSFERS INCLUDED

LAS VEGAS & HAWAIIAN ISLANDS FROM LOS ANGELES WITH STAYS

Emerald Princess • 21 nights • February 6, 2027 *(Other dates available)*

CRUISE ITINERARY:

Fly UK to Las Vegas, USA – three-night Las Vegas hotel stay – fly Las Vegas to Los Angeles – one-night Los Angeles Downtown hotel stay – board Emerald Princess for your 16-night full-board cruise – Kahului, Maui, Hawaii – Hilo - Kona - Honolulu, Oahu - Ensenada, Mexico - Los Angeles, USA - disembark – fly to UK (overnight)

INCLUDES:

- Three-night Las Vegas hotel stay Flights and overseas transfers
- One-night Los Angeles Downtown hotel stay

WHY NOT UPGRADE?
Outside from **£2,049**PP
Balcony from **£2,399**PP
Suite from **£3,249**PP

CALL NOW 0808 304 2675
Visit: thesuntravel.co.uk/iglu-princess Quote: THE SUN

TERMS AND CONDITIONS: Prices and itinerary may vary by date. A limited number of staterooms are available at these promotional prices and may be withdrawn at any time. All prices are from prices and are pp and based on two sharing. Offers include all meals and entertainment on board ship and all taxes and surcharges. Visas may be required for certain destinations and are the customer's responsibility to obtain – please check at the time of booking. Transfers and gratuities may not be included, please ask at the time of booking. Full terms and conditions apply. Prices are correct at the time of going to print. Drinks package is subject to the cruise line's terms and conditions. Please drink responsibly. *Hand-crafted Cruise & Stay Sale: Book select Cruise & Stay packages with a minimum spend of £1599 pp and receive exclusive extra savings on top of our site prices for a limited time only. ^Cruise & Stay reduced deposit: Valid on Cruise & Stay bookings more than 17 weeks before departure, after which full balance is due. Must call to book and not combinable with any other offers. ^See our website for full terms & conditions.

The Sun TRAVEL | travelodeal

FROM
£599
PER PERSON

SAVE 45%

HURGHADA STAY AND NILE CRUISE ADVENTURE

14 nights • September 2026 to July 2027

HIGHLIGHTS:

- Relax on Hurghada's golden beaches before setting sail on a luxurious five-star Nile cruise
- Discover ancient Egypt – cruise past iconic temples, timeless landscapes and traditional riverside villages
- Stress-free luxury – enjoy four-star accommodation throughout, combining beach bliss with unforgettable sightseeing and all-inclusive dining in Hurghada

WHAT'S INCLUDED:

- Return flights from a selection of UK airports
- Stay seven-nights at the four-star Royal Star Beach Resort or similar
- All-inclusive dining and drinks at the resort
- Stay seven-nights aboard the M/S Royal Adventure or Similar
- Full-board dining on the cruise
- All resort transfers

September and October 2026 from **£699**PP • November 2026 from **£629**PP • December 2026, January and February 2027 from **£599**PP • March 2027 from **£679**PP • April 2027 from **£719**PP • May and June 2027 from **£769**PP • July 2027 from **£799**PP

CALL NOW 0808 304 3291
Quote: THESUN, Open 24 hours, 7 days a week

TERMS AND CONDITIONS: Prices subject to availability at the time of booking and per person and based on two adults sharing. Single supplements and child prices are available - please call for prices. Visas may be required for certain destinations and are the customer's responsibility to obtain – please check at the time of booking. Prices are correct at the time of going to print. Full terms and conditions apply.

ABTA P8297 / Y6719

The Sun TRAVEL | Newmarket HOLIDAYS

NOW FROM
£796
PER PERSON

SAVE 10%* – BOOK BY SEPTEMBER 30, 2026

PLUS A FREE £120^ PER COUPLE DINNER RIVER CRUISE – BOOK BY AUGUST 31, 2026

ANDRÉ RIEU IN MAASTRICHT

4 days • June and July 2027

Joined by his 60-piece Johann Strauss Orchestra, choir, soloists and special guests, André will be performing a spectacular concert next July in his hometown. Set against the open-air backdrop of the glorious Vrijthof Square and with plenty of the Dutchman's trademark charm, there's no better way to enjoy André Rieu in concert.

INCLUDES:

- Three nights' four-star bed and breakfast hotel accommodation
- Visits to Utrecht and Maastricht
- Local coach travel and transfers throughout
- Return Eurostar travel to Brussels or air travel to the Netherlands from 17 UK Airports
- Included seated ticket to see André Rieu and his Johann Strauss Orchestra (upgrades available)

Travel by	Departing	Was from	Now from
Air	June 29 and July 2, 6 & 9, 2027	£1,059PP	£953PP
Eurostar	June 30 and July 3, 7 & 10, 2027	£885PP	£796PP

CALL NOW 0808 296 1432
Visit: thesuntravel.co.uk/andre-rieu-2027 Quote: TSU

*Save 10% discount applies to select André Rieu's tour packages booked by September 30, 2026 and cannot be applied retrospectively to bookings already confirmed. Offer applies to select tours only. ^Free dinner cruise offer applies to Andre Rieu Maastricht Summer 2027 only and is valid on new bookings only made by August 31, 2026. This offer is subject to availability, has no cash value and may be withdrawn at any time. Exclusions apply. Prices shown include discount. Single supplements apply. Prices correct at time of print. These holidays are organised and operated by Newmarket Holidays Ltd. ABTOT 5509. ATOL protected 2325. ABTA V7812.

ABTA No.V7812 | ABTOT

the Sunday TRAVEL

Edited by **LISA MINOT**

Follow on @TheSunTravel

2 MORE PAGES

hot spot **IT'S 32C in MARRAKECH: Seven nights' all-inclusive at the adult-only 4★ Tui Blue Riu Tikida Garden is from £714pp including September 11 flights from Manchester. The hotel has a spa and three restaurants. Check out tui.co.uk.**

VINTAGE boat fans should set sail for London this autumn as St Katharine Docks prepares to host its largest Classic Boat Festival to date.

Taking place on September 12 and 13, visitors will be able to take a close-up look at over 70 vessels as well as gorge on special menus from local restaurants and browse pop-up stores.

Among the old world vessels on display will be Dunkirk Little Ships – a fleet of private boats, commercial vessels and small craft that sailed to rescue Allied soldiers – WW2 classics, wooden sailing barges and restored narrowboats from the 1930s.

There will also be talks from yachting journalist Tom Cunliffe.

The star of the show will be Guide of Dunkirk that has been carefully restored. See skdocks.co.uk/visit for more.

JET2 is reminding holidaymakers travelling with e-cigarettes and power banks that they must be placed in hand luggage only.

The devices also have to be turned off during flights and packaged securely.The new rules apply to all lithium battery products, which are barred from being placed in the hold.

Customers should also ensure that these items are not damaged as faulty items will not be permitted on board due to safety risks.

hot spot **LANZAROTE is 29C: Seven nights' all-inclusive at the 4★ Hotel Relaxia Olivina, 300 metres from the beach, is from £779pp including flights from Birmingham on September 23. See travelsupermarket.com to book.**

BEWARE DODGY QR CODES

TRAVELLERS should be cautious when scanning QR codes abroad.

Following a BBC documentary highlighting the risks of fraudulent QR codes, Booking.com is urging tourists to double-check websites after scanning codes.

According to research conducted by the holiday site, a quarter of us admit to lowering our guard when travelling abroad, and this temptation to "switch off" has led to one in eight of us falling victim to a scam.

On top of fake QR codes, the most common holiday scams include fake souvenirs, dodgy customer service contacts and counterfeit attraction tickets.

On average, Brits have been left out of pocket by around £182 as a result of these scams.

Booking.com has advised travellers to pay special attention to deals that seem too good to be true and use only trusted providers.

PASSPORT FOR IRISH FERRIES

IF you are taking the ferry to the Republic of Ireland next month, be ready for a change in the travel regulations.

From September 28, all passengers will be required to carry a valid passport with no exceptions – or risk being stopped before boarding.

Currently, travellers are not required to show a passport, although they can be asked to provide another form of photo ID, such as a driving licence or bus pass.

Ferry operators Stena Line and Irish Ferries, which operate regular crossings, are alerting customers with pre-existing bookings to the changes.

Irish Ferries explained: "This is to ensure compliance with UK Border Force requirements relating to the accuracy and integrity of passenger data before boarding."

Sailings to and from Belfast are not affected.

THE FANTASTIC ATTRACTIONS OF CARMARTHENSHIRE

PLEASURE DOME . . . botanic garden

STORIED WALLS . . . Kidwelly Castle

FLY GUY . . . Jacob with bird of prey

DIP DIP HOORAY . . . Jacob and daughter in the cold pool

WARRIOR . . . Gwenllian

Best beach in Wales? Tide-y

SHORE THING . . . Cefn Sidan beach

IT'S half nine at night on the summer solstice.

The light is doing the golden hour thing it only does in June, and my four-year-old is scattering dragonflies as she launches herself into the cold water.

"Can we go in the 'cold pool' again?" she asks the next morning. Again. She has asked roughly 200 times this week.

The pool in question is the natural swim pond at Tanylan Farm, on the coast road between Ferryside and Kidwelly in Carmarthenshire.

We stayed in Ty Llo (Calf House), one of a handful of holiday barns on site – and the pool was the single best thing that has ever happened to my daughter.

Rain or shine, morning or night, she was in it. There was a sauna next to it for the grown-ups, a private hot tub outside our holiday cottage, and the beach was 400 yards down the lane.

My wife and I, our daughter and baby son had travelled by train to Swansea then picked up a hire car and made our way to Carmarthenshire – that bit of Wales everyone drives past on the way to Pembrokeshire. Their loss.

On day one, the sun was out so we visited Pembrey Country Park – 500 acres of woodland backing on to Cefn Sidan, an eight-mile stretch of sand that was the first beach in Wales to win a Blue Flag.

The sand is absurdly fine and the water so shallow that by mid-afternoon it had warmed up like a paddling pool. For small children, it is close to perfect.

The park itself is the showstopper, though. There's a dry ski slope, a toboggan run, crazy golf, a pirate adventure playground and miles of flat, traffic-free cycling on rental bikes. We arrived planning to stay two hours and left after seven.

Next day, the National Botanic Garden of Wales, just over half an hour's drive from the farm, was one of the most relaxing family days out we've ever done.

Monty Python fame

Think Eden Project but at a size you can easily get round with a buggy and a pre-schooler.

The Great Glasshouse, packed with plants of six Mediterranean climates, sits in the landscape like a dropped raindrop.

We ate our picnic sandwiches in the "Canary Islands", with the smell of cedar and lavender.

Outside is 568 acres of restored Regency parkland, lakes, waterfalls – and a Gruffalo trail themed on the kids' book character. Kidwelly Castle, of Monty Python movie fame, is a 20-minute drive away.

"Let's climb to the top, Daddy," my daughter begged. So we did – and the views over the Gwendraeth estuary are worth the effort.

From on high, I told my princess-obsessed daughter about a real one, Gwenllian, who rode out from this castle to lead an army into battle against the Normans. I left out how it ended (head lopped off) and she was suitably impressed.

Our final stop was the British Bird of Prey Centre which recently moved to a purpose-built site at Idole, near Carmarthen, after years at the National Botanic Garden of Wales.

It flies golden eagles, red kites, owls and peregrines, with three shows a day and an indoor arena for when the Welsh rain sets in.

We did get four days of rain but it barely affected our week's getaway.

There was always a glasshouse, a castle, an indoor flying arena – or *that* cold pool.

We'll be going back for more – she's already asked.

JACOB LEWIS

GO: CARMARTHENSHIRE

GETTING THERE: Trains run from across the UK to Swansea. Car hire from Swansea station is from about £45 a day. See trainline.com.

STAYING THERE: Seven nights' self-catering at Ty Llo, on Tanylan Farm, is from £807. See tanylanfarm.co.uk.

OUT & ABOUT: See cadw.gov.wales, botanicgarden.wales and britishbirdofpreycentre.co.uk.

MORE INFO: See discovercarmarthenshire.com.

stay with the stars

MORE than two decades after the original 1998 cult classic stole the hearts of film fans, Sandra Bullock and Nicole Kidman are back in Practical Magic 2.

And while the sequel, out in cinemas on September 11, is set in a fictional seaside town in Massachusetts, New England, filming locations included a very old England destination – Essex.

The stars shot scenes on a classic train on the Epping Ongar Railway as well as at St Mary and All Saints Church in Abridge near Lambourne.

One of the railway's 1960s British Rail Mark 1 coaches was transported to Warner Bros. Studios in Leavesden, Herts, for filming before returning to the tracks in Essex.

You can ride on the line and sit where the stars sat.

Tickets for the railway, which runs services every weekend, start from £19.50 per adult for an All Day Rover and £3 per child age three to 15. See eorailway.co.uk. The Grade I-listed St Mary & All Saints Church in Lambourne, with its ancient trees, historic churchyard and secluded atmosphere, also stood in for a classic American parish church.

FILM . . . Sandra and Nicole

lates

CRETE: Seven nights' all-inclusive at 5★ RG Village Crete is from £315pp including flights from Stansted on October 6. See thomascook.com.

HAMPSHIRE: Three nights' half-board at Sinah Warren Coastal Hotel is from £239pp, with evening entertainment. Arrive October 2. See warnerhotels.co.uk.

PHUKET: Seven nights' B&B at the 5★ Centara Grand Beach Resort Phuket is from £839pp including flights from Gatwick on September 15. See destination2.co.uk.

CORNWALL: Four nights' self-catering at Sun Haven Holiday Park, Mawgan Porth, is from £369 in total. Sleeps six. Pet-friendly. Arrive September 7. See lovatparks.com.

KRAKOW: Three nights' B&B at the 3★ Hotel Convictus Cracovia is from £319pp including flights from Birmingham on September 11. See jet2holidays.com.

Dirtea gummies, now £24, see dirteaworld.com

essential

JET lag can be an absolute killer, especially if you're only visiting your holiday destination for a short period.

Coffee may help fight it for a while, but there's only so many cuppas you can have before the jitters hit.

That's where Dirtea gummies come in. These all-natural sweets are a more healthy way to kick the jet lag slump.

There's a gummy to pick you up when you're flagging (Performance), a gummy to help you prepare for sleep during those wired evenings (Calm) and a gummy to boost your immunity and bat away sniffles (Immunity).

Each comes loaded with vitamins, has no added sugars and relies on the raw power of mushrooms.

For example, instead of focusing on just magnesium to aid sleep, the Calm gummies contain reishi mushroom extract, which has been shown to lower stress and support relaxation.

Gummies currently have 30 per cent off online. Flavours include watermelon, berry and peach.

SOPHIE SWIETOCHOWSKI

RESORT HOTEL MAKES PERFECT BASE FOR

JUNGLE JAUNT . . . Krabi's wonderful Rayavadee Resort

OAR INSPIRING . . . kayaking amid the beauty of Klong Root

Beautiful Krabi sticks with you

I'M walking down the M1 in my flip flops, the trilling of birdsong above me as a cheeky monkey throws fruit skins from the trees.

The only motors on this brick-lined path winding through the jungle of the Rayavadee Resort in Krabi are those powering the sunset chorus.

And while the bright lights of Thailand's big cities may mean chaotic tuk tuks, the only traffic jam I see is a family of spectacled langur monkeys running from one tree to another before scampering across the beachfront.

"It's 5pm, it's their home time," a staff member tells me. In the slow lane is the water monitor lizard, lazily crossing the path before slinking into the pond to cool down.

This beautiful resort in the heart of Krabi's Phra Nang Peninsula on the border of the marine national park delivers laid-back luxury with not one but three stunning beaches lapped by the warm waters of the Andaman Sea.

My home off the M1 pathway was a circular, two-storey, dome-roofed wooden pavilion designed to echo the unique rounded cliff rock formations that pepper the surrounding landscapes. Downstairs, there's a living room with plush seating and garden views. Up an open, spiral staircase is the spacious bedroom, with the pavilion's curved glass windows welcoming the jungle indoors.

Those naughty monkeys are just as keen on the luxury digs – make sure to keep your terrace doors locked otherwise you might have a visitor raiding your minibar.

And as tempting as it would be to simply pull up a lounger on one of the three stunning beaches it sits on – Railay West, Phra Nang and Nam Mao – part of the hotel's ethos is to get you out there and interacting with the local community.

We set off bright and early in a truly unique transfer – a giant sea tractor to counteract the challenges of the low tide.

I hung on for dear life in the metal carriage contraption the tractor pulls along, before swapping to a longboat for part two of the journey as the savvy captain manoeuvred along narrow channels.

I'd survived, jelly-legged, but not for long. A short drive away were the waterfalls of Khao Phanom Bencha National Park, a primary filming location for Jurassic World: Rebirth featuring Scarlett Johansson and Jonathan Bailey.

Crashing waterfall

Our guide warned us it was a "bit of a challenge" to get there. And, just like Thai people have a different definition of "spicy" compared to us Brits, what they call a slight challenge is an understatement.

I clambered up what felt like sheer rock faces, stretching my knees almost to my ears as I attempted to reach the summit.

But it was worth it. The steep path cleared and ahead was a beautiful, crashing waterfall and lagoon surrounded by trees. I threw off my sweat-soaked T-shirt and slid into the pool (water monitor lizard style) to cool off in the 30C heat.

My only disappointment was the lack of Jonathan Bailey in it. No matter.

My afternoon took me to Klong Root, a haven for kayakers. Paddling through mir-

GO: THAILAND

GETTING THERE: Eva Air flies daily from Heathrow to Bangkok with fares from £786 return in economy. The airline was the first in the world to introduce Premium Economy and return fares start from £1,875. See evaair.com.

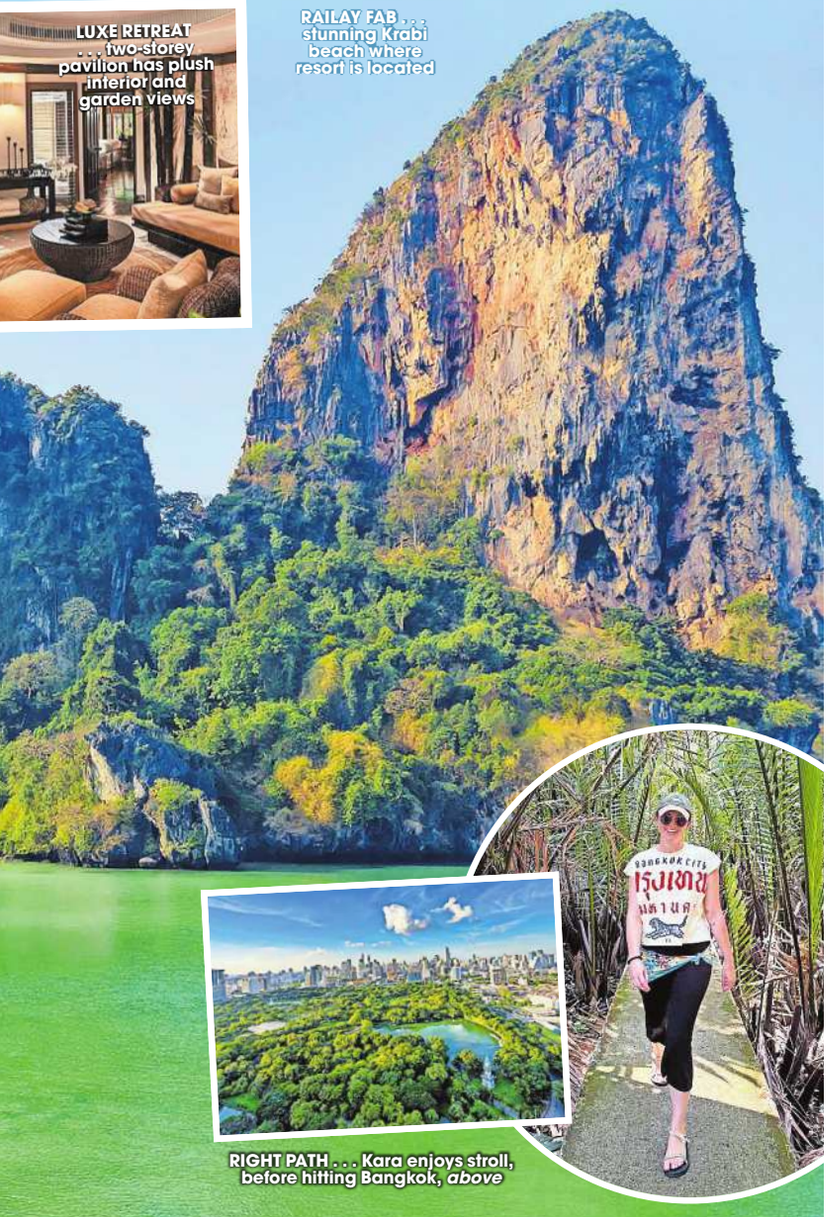
STAYING THERE: Double rooms at the Rayavadee Resort in Krabi start from £305 per night, including breakfast. See rayavadee.com. Double rooms at The Park Hyatt, Bangkok, start from £220per night. See hyatt.com.

MORE INFO: See fanclubthailand.co.uk.

EXPLORING THAI PENINSULA

LUXE RETREAT . . . two-storey pavilion has plush interior and garden views

RAILAY FAB . . . stunning Krabi beach where resort is located



RIGHT PATH . . . Kara enjoys stroll, before hitting Bangkok, *above*

ror waters, the shade of the mangrove trees was welcome, with the splashing of my oars being the only sound.

This was followed by a local cooking class in the rural community Baan Nong Talay, the pounding of the chilli plant making my eyes water from the heat.

But the delights of the Rayavadee Resort were calling and I made it back in time to grab a table at the most sought-after spot to watch the sunset, The Grotto, nestled on the edge of Phra Nang Beach.

As a riot of bright pink and orange burst across the skyline, my lychee martini went down just as easily as the sun before a meal of freshly grilled steak and Andaman lobster straight off the coals.

After the luxe lifestyle at Rayavadee I was not ready to take on the buzzing streets of Bangkok after our flight there.

Bang Kachao is just 45 minutes from the centre but couldn't be a bigger contrast. This lush green oasis where the Chao Phraya River bends in a sharp U-turn is known as Bangkok's "Green Lung". For just £1 you can rent a bike to cycle along the forest paths – the perfect pause before a whirlwind 24 hours in the most happening city neighbourhoods.

I braved the crowds of Song Wat – named one of the world's coolest neighbourhoods – for copious amounts of coffee, photobooth snaps and funky souvenirs.

I mooched over to the historical Talat Noi, where honking scooters screeched past while I browsed local street art, devoured tiny coconut pancakes for 20p and Chang beers for £1.80.

I filled my bag with local Thai designer clothes in Siam before a late-night massage for a quarter of the price of in the UK.

My days of relaxation threatening to be forgotten about, the beautiful Park Hyatt welcomed me with air-conditioned arms.

It came in the form of rooftop infinity pools, rooms with just-as-amazing views from the floor-to-ceiling windows, and one of the best breakfast buffets I've ever had.

Fresh pork congee, mango sticky rice and Thai tea waffles – I'd be coming back with more weight than just my suitcase.

But after some of the best food, people and sunsets of my life? Who could be Krabi about that . . .

KARA GODFREY

SCREEN SCREAM . . . Scarlett and Jonathan

SPENDING RISES WITH MERCURY

HOW hot does it have to be before it is deemed beer garden weather?

Just 21C, according to new research from Parkdean Resorts.

A study from the holiday park company revealed just how easily we can be swayed by the weather, with just a few degrees altering our spending habits.

The data showed that almost half of us spend more when the weather gets warmer and that specific temperatures will trigger certain reactions.

The mercury has to reach 21C before it is acceptable to swap hot coffee for iced, and apparently it only has to reach 20C for folk to enjoy a cooling beer or other alcoholic beverage – although many of us wouldn't wait, of course.

To brave a dip in the sea, however, most of us would need it to be 24C outside, just a tad more than the 23C required to persuade us to book a last-minute staycation.

Parkdean said: "Behaviourally, it's not simply that sunshine makes people spend more, it changes the environment around the choice.

"People are out for longer, socialising more, seeing more prompts to buy and treating the day as more of an occasion than an ordinary routine.

"The purchase becomes part of the experience – the ice cream on the walk, the drink in the beer garden, the barbecue food, the new outfit for a sunny weekend.

"In the UK, sunny days can feel like a limited opportunity, so people may be more likely to spend on the things that help them feel they're making the most of the moment."

HALLOW THERE . . . Fright Nights

BE AMAZED AT THORPE SCAREFEST

AFRAID of the dark? Then you should steer clear of Thorpe Park this Halloween.

To celebrate 25 years of its Fright Nights, the theme park's terrifying new scare maze plunges thrillseekers into complete darkness.

After a power failure trips the lights, visitors will have to make their way out with only a failing torch to guide them . . . but they won't know what creatures are lurking in the shadows.

The new Tenement maze will join four other scare mazes for Fright Night, which returns to Thorpe Park from October 2 until November 1.

Among the mazes for 2026 is Trailers, which brings nightmares to life at the SuperSpark Cinema, plus there's Stitches, where visitors must avoid becoming part of a creepy toy emporium collection.

There's also Survival Games, an obstacle labyrinth, and nightclub-themed DeadBeat.

Visitors can watch live shows in Lucifer's Lair and dance at the Rebel Ball, as well as tackle some of the theme park's scariest rides.

Tickets from £39pp online or £66 on the gate. Tickets including entry to the scare mazes start from £71 online and £98 for a walk-up price.

Fright Nights experiences are recommended for those aged 13 and over. The Survival Games maze is for 15 years plus. See thorpepark.com.

WINNER . . . Cambrils in Costa Dorada

SPAIN TOPS FAVOURITE HOTSPOTS

FIVE fantastic Spanish holiday resorts have topped a list of our favourite holiday destinations this summer.

Online travel giant LoveHolidays studied the reviews from thousands of customers who have travelled since the schools broke up.

Families were asked to rate their hotels out of five across seven key criteria: Holiday experience, location, service, value for money, cleanliness, facilities and food and drink.

The Costa Dorada resort of Cambrils took the top spot with a score of 4.55 out of five, followed by Santa Ponsa in Majorca; Puerto del Carmen in Lanzarote; Puerto Rico in Gran Canaria and Fuengirola on the Costa del Sol.

"Families have a shortlist of destinations they know and trust," says Al Murray from LoveHolidays.

"But our ranking shows some of the strongest hotel experiences are happening in resort towns people might be less familiar with.

"That's why the customer reviews we're now sharing on our hotel listings are so useful. They give people access to real-time feedback from other LoveHolidays travellers, making the all-important decisions of where to go and which hotel to pick that bit easier."

Here, we've dug into the details as to why each destination scored so highly – and there's a great deal for each one so you can try yourself this autumn.

■ Cambrils, Costa Dorada: This former fishing village has a strong reputation for seafood and Catalan cuisine so it's no surprise it scored well for food and drink, earning an average of 4.53 from guests. Families were also impressed with the location of hotels in the area, with a score of 4.76, and service, at 4.63.

Seven nights' B&B at the 3★ H10 Cambrils Playa is from £279pp including flights from Luton on October 17.

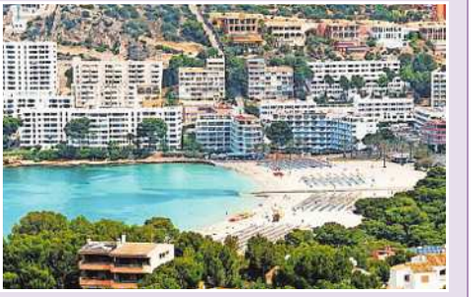
■ Santa Ponsa, Majorca: Families gave hotels in the town 4.51 and scored the destination high for holiday experience (4.61) and location (4.78) thanks to its sheltered bay, walkable seafront and easy access to Palma. Seven nights' self-catering at the 3★ Residence Mallorca Portofino by Pierre et Vacances is from £179pp including Stansted flights on October 15.

■ Puerto del Carmen, Lanzarote: The resort's mix of beaches, marina and seafront restaurants scored highly at 4.41 with hotels in the town rated well on location (4.56), holiday experience (4.53) and service (4.51). Seven nights' self-catering at the 3★ Hyde Park Lane is from £219pp including flights from Southend on December 2.

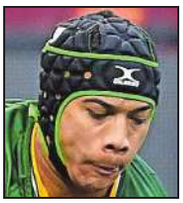
■ Puerto Rico, Gran Canaria: With an overall score of 4.40, hotels here stood out for food and drink, earning the highest score at 4.75, reflecting its growing reputation for quality dining. Seven nights' self-catering at the 3★ Holiday Club Puerto Calma is from £189pp including Stansted flights on September 16.

■ Fuengirola, Costa del Sol: Fuengirola scored 4.34 and hotels were rated well across the board, with strong numbers for holiday experience (4.34), cleanliness (4.60) and location (4.46). Seven nights' room-only at the 3★ Ilunion Miramar is from £179p including flights from Luton on October 27.

Prices may not include luggage or transfers. See loveholidays.com.



COAST WITH THE MOST . . . Santa Ponsa in Majorca



KOLBE . . . seven kicks

Cheslin's a booty for Boks

South Africa.... 33 New Zealand...26

By ADAM HATHAWAY

CHESLIN KOLBE booted seven out of seven as world champions South Africa levelled the four-Test Greatest Rivalry series 1-1.

The wing banged over four penalties and a hat-trick of conversions — yet the Boks were out-scored four tries to three.

Kolbe's heroics came five days after he was left out of Rassie Eramus' 23 having suffered hamstring and ankle injuries in last Saturday's defeat against New Zealand.

Erasmus put him back in on Friday and his haul, plus tries by Jesse Kriel, Damian de Allende and returning skipper Siya Kolisi, helped the Boks reclaim No1 in the world rankings after the All Blacks nicked it last week.

Kolbe said: "We could feel the mood from South African fans.

"In Test match rugby, you need to take every point that is given to you.

"Last week we did not capitalise on that."

The All Blacks scored twice in the second half through full-back Damian McKenzie and wing Leroy Carter.

But captain Ardie Savea said: "It is a bitter pill to swallow. We stuck in there but we came up short — we have to regroup and go again."

Chang's off mark

By ROB MAUL

CHANG BINGYU became the second Chinese cueist caught up in the 2023 corruption storm to win a snooker ranking title.

The world No 45 beat compatriot and 2025 world champ Zhao Xintong 10-7 in the Wuhan Open final.

Having knocked out Ronnie O'Sullivan from the semis, Chang hit eight 50-plus breaks to lift the £175,000 pot — and take his first ranking title.

Chang, 24, was just 20 when he was banned for 'fixing a match' at the 2022 British Open.

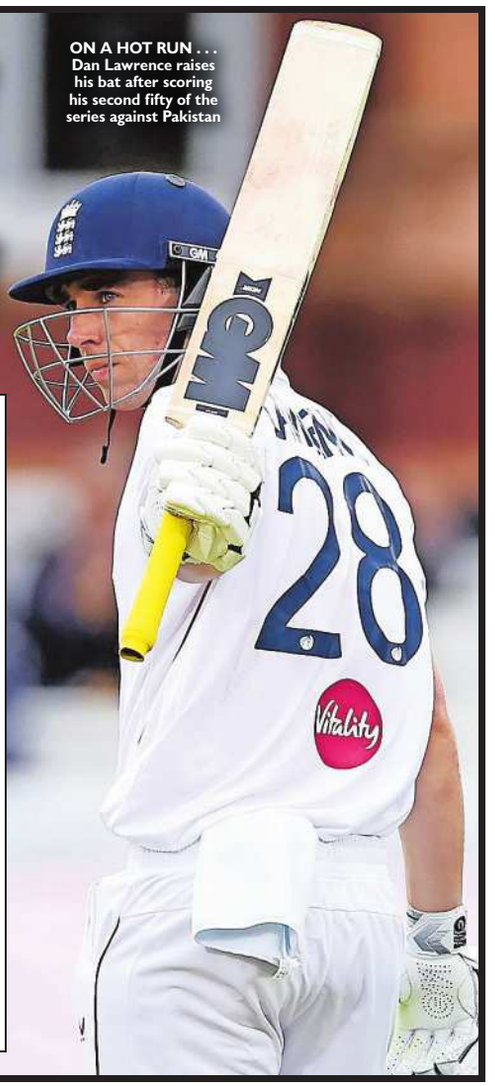
His three-year suspension was reduced to two years after pleading guilty.

Despite losing, Xintong is now world No 1, replacing Judd Trump at the top.

O'Sullivan said: "It's amazing really. He hasn't even had a full two years.

"To be world No 1 by only playing half the tournaments of the other players, that is an incredible achievement."

Dan nifty with fifty



ON A HOT RUN . . . Dan Lawrence raises his bat after scoring his second fifty of the series against Pakistan

By JOHN ETHERIDGE

DAN LAWRENCE raised hopes of extending his England recall with a half-century in tough batting conditions.

It included arguably the shot of the series when he danced down the pitch and lofted Pakistan seamer Mohammad Ali for six over extra cover.

By contrast, Emilio Gay's latest attempt to nail down a place for the winter was ended by a horrible grubber.

With a delayed start and interruptions all day, the ball darted, jumped and kept low alarmingly on the Lord's pitch.

By the close of day three, in which just 24.5 overs were possible, England reached 177-7 with a surely unassailable lead of 357.

Lawrence was 50 not out – his second fifty of the series – having survived on the Lord's snakepit with a mixture of luck, improvisation and occasionally middling one.

He hit a second six hoicking left-arm spinner Ali Usman into the crowd at mid-wicket.

Lawrence, 29, was called in after injuries to Jacob Bethell and Sam Curran but is likely to miss out when everybody is fit.

He said: "It's pointless looking at the future. I'm just trying to contribute and give a good showing and I think I've done that. I'm desperate to establish myself in an England shirt."

Opener Gay had scored 31 when a delivery from Mohammad Abbas barely bounced and struck him just above the ankle.

Harry Brook was well caught by wicketkeeper Mohammad Rizwan from another Abbas nibbler while Jamie Smith and Gus Atkinson both fell before the early finish.

SCOREBOARD

Second Test
England v Pakistan
(Day 3 of 5)

LORD'S: England lead Pakistan by 357 runs with three second-innings wickets in hand

ENGLAND: First Innings 290
(Smith 61, Cox 55, Abbas 4-73)

PAKISTAN: First Innings 110
(Robinson 4-11)

ENGLAND: Second Innings
(Overnight 81-3)

E Gay lbw Abbas	31
H Brook c Rizwan b Abbas	34
D Lawrence not out	50
J Smith c Masood b Abbas	7
G Atkinson lbw Ali	7
O Robinson not out	2
Lb2 w5 nb3	10
Total (7 wkts, 46.5 overs)	**177**

Fall: 1, 13, 60, 83, 128, 149, 162.

Bowling: Abbas 18-2-48-3, Shahzad 14-3-56-2, Ali 12.5-1-54-2, Usman 2-0-17-0.

Umpires: A Paleker & P Reiffel.

F1 CHAMP'S STAYING

Landough

NORRIS' £120M McLAREN DEAL

ONE FOR THE MONEY . . . Lando Norris will earn £30million a year until 2030 at McLaren

By ISABELLE BARKER

LANDO NORRIS' megabucks new deal worth around £120million will keep him at McLaren for the next four seasons.

The British world champion signed a contract reportedly paying him in the region of £30m a year until 2030 – making him Formula One's third-highest earner.

Only seven-time world champ Lewis Hamilton and four-time title winner Max Verstappen beat Norris in the pay stakes.

Hamilton's three-year deal is thought to be worth £44.3m a season at Ferrari until 2027, while Verstappen's new Red Bull terms – announced at the Dutch Grand Prix last weekend – prompted speculation it was for as much as £73.9m a year.

In addition to his new deal, Woking-based McLaren will gift Norris an MCL39 – the car in which he won the team's first world title since 2008.

Norris, 26, joked: "It's certainly not close to the figures I've been seeing online, sadly!"

He added: "Of course, it's a bit more with any job when you extend.

"But it's certainly not close to the level of Lewis or Max. It shouldn't be because I've not achieved as much as they have.

"In a way, I believe it should be because I believe I can fight them whenever I need to and I can do a better job whenever I need to. So I guess I have the two opinions on it."

Norris made his F1 debut in 2019 and his 163 GPs are already the most for McLaren.

His current deal was due to run until the end of 2027 but Norris revealed he did not consider leaving.

He added: "It really was the easiest decision I've had to make in my career so far.

"I'll be very, very happy at the end of my career to say that McLaren is the only team I've been with."

McLaren have already locked in Norris' team-mate Oscar Piastri, 25, who last year signed an extention until the end of 2028.

Norris is currently fourth in the world title standings – 83 points behind the leader, Mercedes' Kimi Antonelli.

But he has recovered from a rough start to the season to win the last two races in Netherlands and Hungary.

POGACAR . . . crashed

Crocked Pog out of Vuelta

By ROB MAUL

TADEJ POGACAR was forced to abandon the Vuelta a Espana after he broke his collarbone in a heavy fall on stage eight.

The Slovenian — the world's best cyclist — fell while in the middle of the peloton with 32km to go.

Pogacar suffered a concussion, a "stable" fracture in his neck and cuts, according to the team doctor. His shoulder will require surgery.

The 27-year-old — aiming for a clean sweep of the three Grand Tours — fell after bumping shoulders with another rider.

Five-time Tour de France winner Pogacar tried to remount but cried out "No" before sitting down again for treatment.

He was taken away in an ambulance with his arm in a sling as he abandoned a top race for the first time.

The crash throws into doubt his participation at next month's Road Cycling World Championships.

The UAE Team Emirates-XRG talisman had led the race following three stage victories in six days.

Frenchman Bryan Coquard, 34, won the 171-km stage.

And Spaniard Enric Mas leads the new General Classification.

Movistar ace Mas, 31, had trailed Pogacar by three minutes and 50 seconds.

Coquard, of the Cofidis team, said: "It's a real shame. We've still got a few races."

Big meet shelved

By ROB MAUL

THE husband of Serena Williams has canned his lucrative athletics event following "feedback" about the timing.

Athlos — an all-women meet for elite track-and-field stars — will no longer host a one-off event on October 2 at New York's Icahn Stadium.

But a planned meet in London on September 18 at the StoneX Stadium, home of Saracens rugby, is set to go ahead.

British stars Keely Hodgkinson, Georgia Hunter Bell and Amy Hunt are expected to run for significant prize money.

The concept is the brainchild of Reddit co-founder and Williams' partner Alexis Ohanian.

He axed the USA event because athletes said it was too soon after the Ultimate World Championships in Budapest.

But he said: "We are all-in on London. It will be an epic night."

TENNIS

US OPEN STARTS TODAY

GRASS COURT

Weed stench a worry for Brits

TOKE THAT . . . tennis centre could get pongy

BRITAIN'S tennis stars are bracing themselves for the distracting smell of WEED at the US Open.

It is legal to smoke, vape or ingest cannabis for both recreational and medicinal purposes in New York State, provided you are 21 or older.

Also known as marijuana, pot or grass, cannabis can only be bought at licensed dispensaries – but it is the second-most commonly used recreational drug after alcohol.

Last year some players complained about the pungent aroma of joints that wafted over the US Open grounds.

Although it is forbidden to smoke on site at the tennis complex, stars have often moaned about the smell on outside courts near the adjacent Corona Park.

Katie Boulter says the stench can "take you out of the moment" while playing or practising.

The British No1, who takes on American wildcard Carol Young Suh Lee today, said: "Yeah, I have experienced it.

"You go down to the practice courts and down in the park courts, you do smell

From ROB MAUL in New York

it a lot. It's not great. I'm not a huge fan of it. I know a lot of players have complained.

"It's something I wouldn't like to smell in the middle of my match. I'm trying to focus and then it takes you out of the moment. You don't need distractions."

Harriet Dart – one of four British qualifiers to reach the first round – added: "It's New York. I mean, I feel like everywhere you walk around, it's everywhere, no?"

But Fran Jones, who will face Magda Linette from Poland, is not worried about the weed.

The Yorkshirewoman said: "I did notice it last year. I said to the [staff] guy: 'Is this normal?'. I was on court, the stadium, and it's next to the park. He's like, 'Yeah'.

"I joked, 'Well, no wonder I'm playing pretty well'.

"It doesn't bother me. I live in Barcelona and you can smell it everywhere."

A USTA spokesperson said: "While we can't control what takes place off the grounds . . . we constantly work with the NYPD and Parks Department and believe this has helped to decrease smoking near our fence line."

THE ONLY JOINT WE WANT IN NEW YORK..

Aussie Maya Joint will be in action this week at US Open

FERY FINAL BLOW

By ROB MAUL

ARTHUR FERY heads to the US Open with the regret of not being able to lift a first ATP Tour-level trophy.

The Wimbledon semi-finalist fell short in the Winston-Salem Open final — going down 6-3 6-2 to Peruvian Ignacio Buse.

At 3-3 in the first set, Buse, 22, then won the next six games in a row as he dominated the contest and Fery simply ran out of steam.

Seven weeks after his exceptional exploits on SW19 grass, which earned him £900,000 in prize money, Fery was defeated in North Carolina in the warm-up event before the New York Slam starts.

Yet he will replace Cameron Norrie once again as British No1, having briefly lost the mantle to his Davis Cup team-mate this summer.

Fery said: "It wasn't to be. I'm sorry I wasn't able to put on a better show.

"To my team, we've had a great year and I hope we can finish strong."

Only 13 Brit men have won an ATP title in the Open era but Fery, born in France yet Wimbledon raised, will have to wait.

The 24-year-old *(below)*, now travels to the Big Apple and faces Italian No13 seed Lorenzo Musetti in round one on Tuesday.

This will be his US Open debut but ranking-wise he just missed out on being one of the top 32 seeds.

For Buse it is a second title this year, having been the main man at the ATP 500 Hamburg in May.

FOUR FREE HORSE RACING TICKETS

ROYAL WINDSOR RACECOURSE · CHEPSTOW RACING & EVENTS · Wincanton · NEWCASTLE RACING & EVENTS · doncaster racing & events · Warwick · Exeter · Nottingham · The Races AT AYR RACECOURSE · LINGFIELD PARK RESORT · FONTWELL PARK RACING & EVENTS · BRIGHTON RACECOURSE · Market Rasen · southwell racecourse · Carlisle · Huntingdon · HEREFORD RACING & EVENTS

Join Sun Club and say yes to four free tickets every three months for racedays across England, Wales and Scotland.

JOIN THE CLUB

SIGN UP NOW AT THESUN.CO.UK/CLUB

18+ UK only. Online access required. Four tickets every three months of active subscription. Racecourses and racedays vary subject to availability. Sun Club: 18+ UK only. New Sun Club customer offer: £1.99 per month or £12 for the first year, then £19.99 unless you cancel at least seven days before your next billing date. For full Sun Club T&Cs, visit thesun.co.uk/club

BOXING

BRIT HEAVYWEIGHT

NOAKES . . . workhorse

Sam puts a shift in for Dolly

By WALLY DOWNES Jr

SAM NOAKES put in the perfect shift to honour Dolly Parton.

The Kent lightweight, 29, came out for his clash with Denys Berinchyk to the country queen's 9-5 anthem following her recent death aged 80.

It all worked out for Noakes — who still helps pals out as a roofer — over the ten rounds.

Noakes is rebuilding after his November world title loss to rising star Abdullah Mason.

He made a lively start before his tight defence kept him safe as the Ukrainian started throwing a few in the second.

Berinchyk hit the canvas three times in the fourth — from pressure rather than punches.

Noakes had his opponent staggering backwards in the eighth and went on to secure a 19th pro win 100-90, 99-91, 98-92.

MOSES JOLLY announced himself to big-time British boxing in an impressive draw with Guido Vianello.

Buckets of blood were spilled as Swansea underdog Jolly, 30, pushed Italian Vianello all the way over eight frantic rounds.

The referee scored the bout 76-76.

Sport

CAROLINE DUBOIS defended her WBC and WBO lightweight belts in a unanimous decision over Amelia Moore.

The Brit, 25, squared up to US rival Alycia Baumgardner after the Birmingham bout.

SHORT

Fab new Dan date

FABIO WARDLEY will rerun his epic battle with Daniel Dubois on October 17.

The 31-year-old former white-collar fighter from Ipswich only lost his WBO heavyweight world title to Londoner Dubois in May.

Now Wardley has grabbed the rematch, with just five months to recover from his brutal defeat.

He made a dream start in Manchester, dropping Dubois twice inside the first three rounds.

But Dubois rallied and the referee stepped in to stop the fight in round 11.

Wardley said: "Doing the fight in London will be special. It will not be a rematch, it'll be revenge."

Dubois added: "It's going to be another dominant performance and win."

Oh crikey,

ITAUMA SUFFERS GRIM STOPPAGE

MOSES ITAUMA suffered a sickening stoppage loss after underdog Filip Hrgovic stunned him with a ninth-round attack.

By WALLY DOWNES Jr

Croatia's 2016 Olympic bronze winner was supposed to be the ultimate step-up opponent and a genuine threat to Itauma's hype train.

But he lost all of the first seven rounds in an incredible clash for the vacant IBF heavyweight world title.

A right hand in round eight changed all of that, though.

Itauma, the kid he vowed to "smash back to high school" was knocked out on his feet and he took a beating in the ninth before he was rescued by the ref – just as the towel was thrown in.

It was an astonishing comeback win for Hrgovic that saw Itauma, 21, stretchered out of the ring.

Respected Brits from Olympic silver-winner Joe Joyce to dangerous contender David Adeleye and tough gatekeeper Dave Allen were all beaten up by "El Animal" Hrgovic in the last 16 months.

He had looked superb against Daniel Dubois too but was stopped on cuts.

Friday's weigh-in was the first time ice-cool customer Itauma got heated, shoving Hrgovic off the Spitalfields market stage.

His rival slapped him in retaliation and in the opening rounds it looked the worst mistake he could have made.

Instead of intimidating the prospect 15 years his junior, he lit a fire that he could not live with, let alone extinguish.

But one huge right hand changed that and the whole trajectory of British boxing.

Because Itauma was out on his feet for a full couple of minutes, shipping shots and slowly succumbing in front of the O2 sell-out crowd his early promise had built.

Superstars were ringside for the milestone fight.

Noel Gallagher tipped an early Itauma win before WBO heavyweight king Dubois got in the ring to announce his heavyweight rematch with dethroned Fabio Wardley on October 17.

AJ and the Gypsy King – while dragging their feet over their November 20 targeted clash – chose to stay away.

Howard Foster was the ref between almost 35st of muscle and testosterone as the Slovakia-born Kent sensation and 6ft 6in Croat went to war.

The visitor was bidding to become his nation's first ever heavyweight world champ as Itauma was on track to take over the mantle of British boxing.

After the national anthems, Hrgovic chose to stick a few punches on his own chin, in an effort to brace himself for the oncoming onslaught.

Itauma carried that on as the Brit's early work was a brilliant blur of rasping jabs and drove lefts down low.

A right hook from the Kent southpaw clipped Hrgovic around the temple and he stumbled. Itauma went long left to the body and lead hook to the head, it was superb work beyond his years.

Hrgovic was punished as soon as the second started with a right hook around the nut again that dropped him for a count of eight.

But the Croat was no pushover, he pressured and punched but compared to Itauma it looked like his limbs were moving through treacle.

It was not just attacking excellence either, Itauma was ducking, blocking and rolling shots in the second and third.

But he was caught by the biggest punch of his young career when Hrgovic clipped him with a lead left hook.

Hrgovic's granite chin was impressing everyone in the fourth but the paper-thin skin on his eyebrows was tearing.

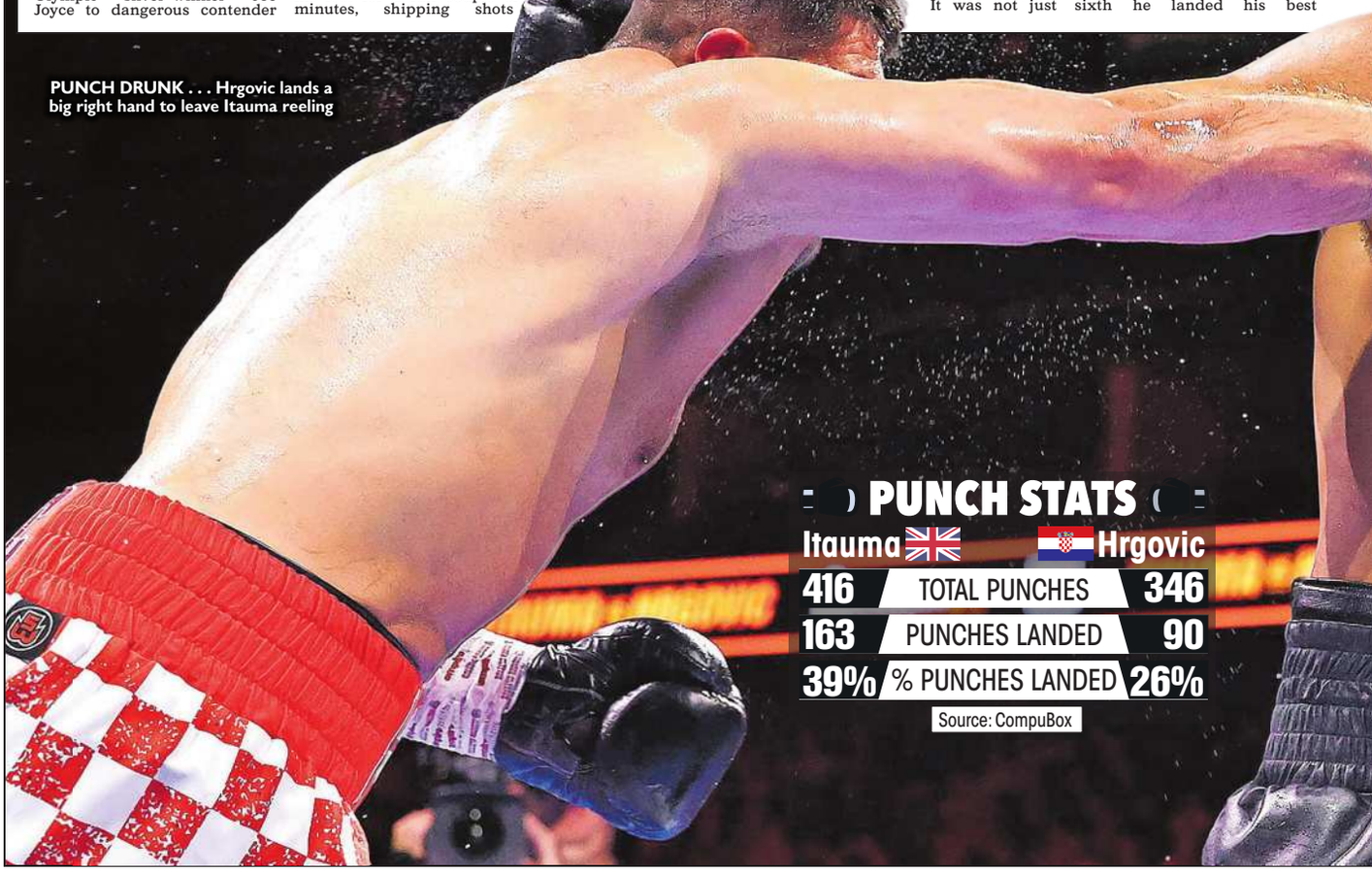
The Croat did land a big right hand but it did him no favours as Itauma wrestled back the round.

The Englishman walked Hrgovic on to a thudding left hand in the fifth but the underdog visitor left a red mark under his right eye.

Itauma's gumshield came loose toward the end of the thrilling session and became a distraction but he manhandled it back into his mouth.

Hrgovic's resilience was costing rounds and brain cells by the minute.

But toward the end of the sixth he landed his best



PUNCH DRUNK . . . Hrgovic lands a big right hand to leave Itauma reeling

PUNCH STATS

Itauma		Hrgovic
416	TOTAL PUNCHES	346
163	PUNCHES LANDED	90
39%	% PUNCHES LANDED	26%

Source: CompuBox

IN FIRST DEFEAT

Moses!

AS BIG CROAT TAKES TITLE

combination while Itauma was on the ropes.

It looked like the Chatham man was buzzed but he stood his ground and slashed back and was only stopped from the barrage by the bell.

The breeze block atop Hrgovic's shoulders got pounded again in the seventh, it was a miracle he was still standing after a range of rapid shots.

Round eight was wild, Itauma battering Hrgovic all over the ring, making him look like a punchbag.

But with just a few seconds remaining, the red-hot favourite was whacked and he lost some of his senses, his hands went down and he started to pull some worrying faces. He started the ninth in the same terrible tangle and was battered all over the ring, his legs gone, his arms flaying, his life in serious danger.

The referee and the towel arrived at the same time to save the beleaguered wonderboy from a life-changing beating.

ALL OVER . . . a towel flies in as the referee calls the fight off

ON THE ROPES . . . Itauma left in trouble by Hrgovic's onslaught

CROAT OF THIS WORLD . . . Hrgovic celebrates his triumph

HAYES . . . Wolves ace

It's threesy for Hayes

By GARY CARTER

TWO tries in a three-minute burst by Leon Hayes and Matty Ashton saw Warrington win 16-14 at Hull.

The hosts shot themselves in the foot with yellow cards for Joe Batchelor – after 22 seconds – and Ligi Sao.

Tries by Ethan O'Neill and Tom Briscoe set up a grandstand finish but Sam Burgess' men held on.

Boss Burgess said: "Our guys looked tired after four games in 16 days. I'm a little bit tired after all the reviewing and previewing I did!"

Lachlan Walmsley scored two tries to help **WAKEFIELD** seal a play-off spot as they saw off **YORK** 28–12.

TOULOUSE held off injury-ravaged **BRADFORD'S** fightback in a 28–18 win.

SPORTS ROUND-UP: RESULTS & FIXTURES

CRICKET

SECOND TEST

England v Pakistan

Lord's (day 3 close): England 290 (66.4 overs; J L Smith 61, J M Cox 55; Mohammad Abbas 4-73). and 177-7 (46.5 overs; D W Lawrence 50no) Pakistan 110 (37.2 overs; O E Robinson 4-11).

ROTHESAY COUNTY CHAMPIONSHIP DIVISION ONE

Essex v Surrey

Chelmsford: Surrey 183 (53.2 overs). and 51-4 (21.3 overs) Essex 279 (85.0 overs; D Elgar 113; R D Chahar 6-80). No play Saturday due to Wet Outfield

Glamorgan v Hampshire

Sophia Gardens: Hampshire 162 (40.2 overs; J S Lehmann 51no). and 124-2 (40.0 overs) Glamorgan 161 (60.0 overs; B I Kellaway 57; S Baker 4-34).

Sussex v Somerset

Hove: Somerset 202 (58.0 overs; T B Abell 72, C Overton 54; H T Crocombe 5-56). and 167-2 (50.0 overs; T A Lammonby 74no) Sussex 250 (69.4 overs; T G R Clark 65, J A Simpson 64no; C Overton 4-66). No play Saturday due to Wet Outfield

Warwickshire v Nottinghamshire

Edgbaston: Nottinghamshire . 299-7 (82.0 overs; J M Clarke 146no, B J R Martindale 55) Warwickshire. No play Saturday due to Rain

Yorkshire v Leicestershire

Scarborough: Yorkshire 263 (76.4 overs; J H Wharton 70, G C H Hill 62). Leicestershire 84-0 (35.3 overs).

DIVISION TWO

Derbyshire v Middlesex

Derby: Derbyshire . 79-3 (32.3 overs) Middlesex. No play Saturday due to Wet Outfield

Durham v Gloucestershire

Riverside: Gloucestershire 137 (42.0 overs; J R Bracey 60; K L Aldridge 5-16) and 250 (73.3 overs; M A H Hammond 58; K L Aldridge 4-47). Durham 384 (88.1 overs; D G Bedingham 122).

Northamptonshire v Kent

Northampton: Kent 345 (91.3 overs; Z Crawley 89, D J Bell-Drummond 70, B G Compton 53). Northamptonshire 74-0 (22.3 overs). No play Saturday due to Rain

Worcestershire v Lancashire

New Road: Lancashire 180 (61.2 overs; K K Jennings 55; B Swanepoel 4-37). Worcestershire 12-1 (6.0 overs). No play Saturday due to wet Outfield

CYCLING

LA VUELTA: Stage 8 (Pucol to Xeraco, 171.0km) - 1 B Coquard (Fra) Cofidis 3h 47m 6s, 2 M Pedersen (Den) Lidl-Trek at same time. **Overall** - 1 E Mas (Spa) Movistar Team 23h 24m 00s, 2 F Gall (Aut) Decathlon CMA CGM Team +1m 11s, 3 P Roglic (Slo) Red Bull-BORA-hansgrohe +1:33, 4 S Kuss (US) Team Visma I Lease a Bike +2:15, 5 O Onley (GB) Netcompany INEOS Cycling Team +2:16, 6 R Carapaz (Ecu) EF Education-EasyPost +2:22. **Today, stage 9** (La Vila Joiosa/Villajoyosa to Alto de Aitana.Costa Blanca, 187.4km).

CLASSIC LORIENT AGGLOMÉRATION (Plouay) - 1 E Balsamo (Ita) Lidl-Trek 4h 30m 49s, 2 M Bredewold (Ned) Team SD Worx-Protime at same time.

GOLF

HUSQVARNA BRITISH MASTERS (Sutton Coldfield): **2nd Rnd** (Gbr & Irl unless stated) - **134** M Penge 69 65, **135** D Hillier (Nzl) 69 66, **136** I Elvira (Spa) 65 71, S Norris (Rsa) 67 69, T McKibbin 68 68, **137** M Jordan 66 71, **138** E Ferguson 67 71, T Olesen (Den) 71 67, F Zanotti (Pry) 69 69, **139** N Noergaard (Den) 71 68, J Skov Olesen (Den) 67 72, T Vaillant (Fra) 70 69, R Fisher 70 69, M Steinlechner (Aut) 69 70, D Bryant (USA) 66 73, **140** Y Premlall (Rsa) 68 72, B Wiesberger (Aut) 70 70, A Hidalgo (Spa) 70 70, F Lacroix (Fra) 72 68, H Hall 71 69, Y Katsuragawa (Jpn) 71 69, J Dean 67 73, M Helligkilde (Den) 71 69, M Pavon (Fra) 70 70, O Guillamoundeguy (Fra) 71 69, S Sharma (Ind) 69 71.

KPMG WOMEN'S IRISH OPEN (Dublin): **3rd Rnd** (US unless stated) - **198** C Alexander (Rsa) 63 66 69, **201** S Kouskova (Cze) 68 66 67, **203** K Arwefjaell (Swe) 69 71 63, **204** C Viden (Swe) 70 65 69, L Rydqvist (Swe) 68 67 69, **205** N Komulainen (Fin) 73 66 66, L Maguire 71 71 63, **206** B Navarrosa (USA) 69 65 72, A Fanali (Ita) 67 72 67, D Forbrigd (Nor) 70 70 66, L Pettersson (Swe) 71 65 70, A Foersterling (Ger) 70 67 69.

MOTORCYCLING

GRAND PRIX OF CATALUNYA (Aragon): **Sprint race** - **1** M Marquez (Spa) Ducati 19m 37.990s, 2 A Marquez (Spa) Ducati +1.140, 3 M Bezzecchi (Ita) Aprilia +2.089.

RALLYING

RALLY PARAGUAY: Stage 8 - 1 SPajari (Fin) Toyota 1h 28m 28.7s, 2 H Paddon (NZ) Hyundai +11.9, 3 E Evans (GB) Toyota +56.3.

RUGBY LEAGUE

BETFRED SUPER LEAGUE

HULL (2) **14 WARRINGTON** (12) **16**

Hull - Tries: O'Neill, Briscoe. Goals: Sezer (3). Warrington - Tries: Hayes, Ashton, J. Thewlis. Goals: Williams (2).
Att: 12,255

WAKEFIELD (10) **28 YORK** (4) **12**

Wakefield - Tries: Hall, Walmsley (2), Myers, Jowitt. Goals: Jowitt (4). York - Tries: Jones-Bishop, Va'a. Goals: Bennison (2).

TOULOUSE (16) **28 BRADFORD** (6) **18**

Toulouse - Tries: Ulberg, Polselli, Toleafoa, Jussaume, Tropis. Goals: Rouge (4).
Bradford - Tries: Atkin, Ackers, Leake. Goals: Hooley (3).

	P	W	D	L	F	A	Pts
Leeds	25	20	0	5	884	368	40
Wigan	25	20	0	5	761	419	40
Warrington	25	19	0	6	682	426	38
Wakefield	25	17	0	8	665	460	34
Leigh	25	16	0	9	588	468	32
Hull K R	25	15	0	10	700	461	30
St Helens	25	14	0	11	590	554	28
Catalans	25	10	0	15	509	724	20
Toulouse	25	9	0	16	520	648	18
Castleford	25	8	0	17	426	786	16
Hull	25	7	0	18	440	541	14
Huddsfield	25	7	0	18	455	713	14
York	25	7	0	18	482	759	14
Bradford	25	6	0	19	420	795	12

BETFRED CHAMPIONSHIP - Dewsbury 6 Newcastle 56, Goole Vikings 14 Doncaster 36.

	P	W	D	L	F	A	Pts
London Br	23	22	0	1	1445	278	44
Newcastle	24	21	0	3	1093	302	42
Oldham	23	20	0	3	755	389	40
Doncaster	24	19	0	5	915	379	38
Widnes	24	17	0	7	757	356	34
Barrow	24	17	0	7	649	447	34
Sheffield	24	16	0	8	637	545	32
Midlands	23	12	1	10	554	650	25
Batley	23	11	0	12	639	555	22
Whitehaven	23	10	1	12	490	641	21
Dewsbury	24	8	0	16	522	652	16
Hunslet	24	8	0	16	496	776	16
Rochdale	23	8	0	15	389	722	16
Goole Vikings	24	8	0	16	532	867	16
Salford RLFC	23	7	0	16	526	780	14
Swinton	23	6	1	16	470	728	13
Keighley	23	5	2	16	575	660	12
Workington	23	5	1	17	452	706	11
Halifax	23	8	0	15	540	649	4
North Wales	23	3	0	20	282	1636	-6

* Halifax & North Wales deducted 12 points

WOMEN'S SUPER LEAGUE - Wigan 26 Leeds Rhinos 20.

RUGBY UNION

INTERNATIONALS

ARGENTINA (14) **21 AUSTRALIA** (22) **27**

Argentina - Tries: Prisciantelli, Moro, Wenger. Cons: S. Carreras (3).
Australia - Tries: Paenga-Amosa, C. Gordon, McReight, T. Hooper. Cons: R. Lonergan (2). Pens: R. Lonergan.

S AFRICA (24) **33 N ZEALAND** (14) **26**

South Africa - Tries: Kriel, de Allende, Kolisi. Cons: Kolbe (3). Pens: Kolbe (4).
New Zealand - Tries: Roigard, McKenzie, Carter, Savea. Cons: Love (3).

SCOTTISH PREMIERSHIP - Ayr 31 Watsonians 10, GHA 31 Melrose 34, Glasgow H 5 Currie 45, Heriot's Rugby Club 80 Hawick 13, Kelso 38 Edinburgh A 21.

SNOOKER

WST WUHAN OPEN (China): **Final** - B Chang (Chn) bt X Zhao (Chn) 10-7.

TENNIS

ATP WINSTON-SALEM OPEN (North Carolina): **Final** - I Buse (Per) bt A Fery (Gbr) 6-3 6-2.

TODAY'S SPORT

CRICKET

Second Test Match—day 4 of 5: England v Pakistan (Lord's, 11am).

County Championship (day 4, 11am).

GOLF

Husqvarna British Masters (The Belfry Hotel & Resort, Sutton Coldfield).

USPGA Tour Championship (Atlanta).

LIV Golf Michigan (The Cardinal at Saint John's).

LPGA FM Championship (TPC Boston, Norton, Massachusetts,).

KPMG Women's Irish Open (Dublin).

RUGBY LEAGUE

Betfred Championship (3.0): Batley v Salford RLFC, Halifax v Keighley, Midlands Hurricanes v North Wales (2.0), Rochdale v Oldham, Workington v Whitehaven.

Betfred Women's Super League (2.0): Barrow Raiders v Huddersfield Giants, Featherstone Rovers v Leigh Leopards.

TENNIS - US Open (Flushing Meadows).

Dan King

OUR COLUMNISTS ARE THE TALK OF SPORT

Sum things don't add up

NUMBER OF DEALS MAKE LITTLE SENSE

PLAYERS BEING SOLD LIKE MEAT

MONEY MAD . . . Delap could cost £50m

IT really is the most wonderful time of the year.

Premier League clubs are poised to break their own summer spending record of £3.3billion, set only 12 months ago.

What a great demonstration of the success of the most-watched league in the world.

But look beneath the surface and you start to wonder whether English football's financial power is really something to be celebrated.

And what it says about a society which not only sustains it but seems to revel in the eye-watering sums.

This is not wetwipe hand-wringing (OK, maybe it is a bit).

It is obviously silly to say the £116million Manchester City spent on Elliot Anderson could have paid the salaries of x-number of nurses.

It is not the duty of City's Abu Dhabi owners to fund Britain's National Health Service.

Prem chiefs and club bosses can and do defend themselves by pointing out football pays billions in tax to the Treasury, which the governments we elect decide how to spend.

It also employs large numbers of people, directly or indirectly supports other businesses, and does a decent amount of charitable work.

But it is legitimate to look at the sums being spent, ask what they are actually buying, and question the health of the game – both financially and morally.

When it comes to football and money, The Swiss Ramble blog is an invaluable guide to seeing the wood for the trees.

PL combined revenue for 2024-25, the last season for which figures are publicly available, was a record £6.8bn.

Despite that, operating losses – which exclude proceeds from player sales – across the 20 clubs increased to a new high of £1.6bn, more even than the Covid-hit season of 2019-20.

In other words, the richest league in the biggest sport in the world collectively loses money hand over fist while going about its day-to-day business.

If this happened in most other sectors, you would say it was unsustainable.

The main way clubs improve their bottom line – although even then very few ever make a profit, and virtually none do so regularly – is by trading players.

You can always argue the market sets the price. And in the case of the best players available, especially English stars like Anderson or £117m Morgan Rogers, exceptional talent fetches exceptional prices.

Just like the biggest film stars command the biggest fees. But a number of deals this summer make little sense.

Take Liam Delap. No, please, take him, as Chelsea were always hoping this summer.

After joining the Blues for £30m last summer, Delap managed only one Premier League goal.

Yet Nottingham Forest have decided he is the man to lead their attack and worth an initial £45m, plus £5m in add-ons.

It's certainly a gamble in footballing terms. And financially, as with all transfers, you wonder what Forest would have to achieve with Delap in the team for him to be "worth" the fee.

But nowadays that is not the main point. Players are like pieces of meat to be bought and sold, even more so than when Roy Keane made the observation.

Delap is 23, so whether he succeeds or fails at the City Ground, Forest reckon they will be able to sell him on again for a fee that pimps their accounts, just as Chelsea have.

It's like a pyramid scheme. But the investments are people, who deserve respect no matter how well paid they are.

The Blues have a lot to answer for, too. Like Manchester City, they stockpile players (thus depriving other clubs of their services) and ruthlessly get rid of those who do not make the grade.

Delap would probably have done better to stay at Ipswich or join a mid-ranking club like Forest in the first place. You hope he does not go the same way as Kalvin Phillips.

The Leeds midfielder was England's player of the year in 2021 before joining City for £42m.

Whatever Phillips' own responsibility for his decline, City could afford to spend big on him, decide it was a mistake and move on with no consequences, while his career was left in tatters.

Incredibly, Phillips remains a City player, on loan at Sheffield United.

Savio is a less sad example. The Brazilian achieved little at City after leaving sister club Troyes for £21m, yet Spurs have paid £75m up front for him.

It is almost as if billionaire owners are plucking these figures out of the air between them, safe in the knowledge they will not suffer much if the deal goes sour.

As long as their club stays in the Premier League, they will have a trophy asset, sportswashing tool, or something they can sell on to another billionaire who cares little about having a profitable business.

Well, good for them. The rest of the country cannot afford to play with money and people like that.

It feels wrong, because it is wrong.

UNAI'S A WORRY

VILLA PARK under the lights is one of the great stages in English football.

The grand old club which has played there for nearly 130 years should just about be able to scramble together a team to face Premier League champions Arsenal tomorrow night.

But, after a soul-destroying transfer window, you do start to wonder when Unai Emery will say enough is enough.

The Spaniard *(below)* has lost the spine of the team which won the Europa League.

And, to add insult to injury, the Gunners could field Ezri Konsa against his former club as a potent symbol of the way established clubs greedily stifle the ambition of those who would challenge them.

Even master coach Emery will have his work cut out keeping Villa in contention at home and abroad this season.

But it would be fantastic to see him and Villa still punching above their weight — starting with Arsenal, and clashes against Barcelona and Paris Saint-Germain in the Champions League to come.

Trumping Infantino

SO much for the coalition of the willing against Fifa president Gianni Infantino.

Uefa backed down from their threat to boycott tournaments in a bid to force Gianni Rotten out after his failed plot to sell off the World Cup.

Instead, they are preparing criminal action against the former lawyer in his native Switzerland.

The least Uefa can do now is find a candidate to stand against Infantino *(above)* when he goes for re-election in March. But it will be a symbolic gesture because he is sure to win.

Where's Donald Trump – who has form for sending in special forces to kidnap a leader and force regime change – when you need him?

SCOT TO LAUGH...

FAMILY links to the blue side of Glasgow made Celtic's spectacular Champions League play-off collapse from 4-0 up against Austria's LASK hilarious.

Only for less than 24 hours, though, as Rangers crashed out of a SECOND European competition in a fortnight.

But it is no laughing matter for Scottish football.

From next season, it is very likely Scotland will lose one of its five European slots and the Premiership champions would need to win through three rounds of qualifying to reach the Champions League proper.

And when you look at the starting line-ups of the Glasgow giants, there are few Scots.

It puts the achievement of Steve Clarke *(above)*, who led the nation at three major tournaments, into perspective.

It is hard to see it happening again anytime soon. Perhaps ever.

Sarr sign

KOP STILL WANT ISMAILA AS £123M BARCOLA IS AGREED

CAMARA . . . talks

CAMA IS COMING

CHELSEA'S bid to sign Monaco midfield star Lamine Camara to replace Enzo Fernandez is close to completion.

The Senegal ace, 22, could fly to London today to finalise the deal.

Manchester City are set to make a move for Blues' £120million-rated Fernandez.

Camara, who played in the World Cup this summer, trained with team-mates yesterday while Chelsea iron out a transfer fee with his Ligue 1 club.

Camara has played in all of Monaco's three matches this season. He had three goals and four assists in 31 games last campaign.

'MAIL SHOT . . . Sarr is wanted by Liverpool

LIVERPOOL are continuing talks with Crystal Palace over Ismaila Sarr as the Senegal star pushes for an Anfield move.

By RAHMAN OSMAN

SunSport has been told Sarr, 28, is desperate for a fresh challenge after success at Palace, having helped them win the FA Cup and Conference League.

Liverpool are finalising a £123million deal for Bradley Barcola *(right)* from Paris Saint-Germain and have added winger Victor Munoz.

But Andoni Iraola's Reds still fancy more attacking options with Cody Gakpo on the way out.

A £55m bid for Brighton winger Yankuba Minteh has already been rejected.

Like Minteh, Sarr is predominantly a right-sided winger who can contribute both goals and defensive work.

Turkish giants Fenerbahce and Galatasaray have also explored moves for Sarr.

But he was understood to be behind Marcus Rashford and Rafael Leao on their respective wishlists. Leao's Galatasaray move has opened up the possibility of Sarr joining Liverpool.

Sarr hit 21 goals in all competitions last season.

He has three years remaining on his Palace deal, meaning the Eagles remain in a strong position.

SunSport understands an offer has been made for Sarr – with a response awaited.

Sarr has missed Eagles' first two games through injury – and boss Pierre Sage expects him to stay.

Sage said: "For the moment, yes, because when you have three years on the contract it is not easy to leave."

Nottingham Forest are in talks over a £22m deal for Palace wing-back Daniel Munoz.

NEWS TICKER

SUNDERLAND want to bring in Levante's Karl Etta Eyong before the window closes.

Personal terms will not be an issue but the Black Cats need to convince the Spaniards to sell their summer signing from Villarreal.

Cameroon international striker Eyong, 22, has a £26million release clause in his deal.

FULHAM are closing on Romania defender Andrei Ratiu from Spaniards Rayo Vallecano.

Right-back Ratiu is also on Nottingham Forest's radar and has a £21.4million release clause.

But the London outfit are hopeful of negotiating a lower price for the 28-year-old.

WEST HAM have signed Norway Under-21 winger Edvin Austbo from Viking.

The 21-year-old was given permission to fly into London for a medical and seal an £11million deal, including £3.15m in add-ons.

Austbo helped Viking win the Norwegian Eliteserien title last year.

LEEDS last night landed Eintracht Frankfurt keeper Michael Zetterer, 31, for £4.2million to be back-up for James Trafford.

Stopper Lucas Perri, 28, has left for Torino on a season's loan with an option to buy. Winger Willy Gnonto may join Fiorentina on a temporary deal.

Guns' Miks and match

By MARTIN LIPTON

ARSENAL face the two toughest away games in their first THREE Champions League matches.

Uefa's computer handed the Gunners a testing start.

Mikel Arteta's beaten finalists will kick off their bid to go one better than last term when they visit Italian outfit Napoli on Wednesday, September 9.

And after hosting French side Lille on October 13, Arsenal face Harry Kane and Bayern Munich in Bavaria on October 21.

Their crunch clash, the home game with Real Madrid and missed summer target Vinicius Junior, comes in the sixth round of games, on December 9.

They finish at home to Azerbaijani minnows Sabah on January 27 when all 18 matches will kick off simultaneously.

The Gunners are also one of two Prem sides, with Manchester City, to avoid any early kick-offs in the league stage.

CHAMPIONS LEAGUE LEAGUE PHASE FIXTURES 2026-27

(All 8pm unless stated)

ARSENAL

Sep 9:	Napoli (a)
Oct 13:	Lille (h)
Oct 21:	B Munich (a)
Nov 4:	Slavia Prague (a)
Nov 24:	B Dortmund (h)
Dec 9:	Real Madrid (h)
Jan 20:	Real Betis (a)
Jan 27:	Sabah (h)

ASTON VILLA

Sep 8:	Club Brugge (a) 5.45pm
Oct 14:	Fenerbahce (h)
Oct 21:	Viking (h)
Nov 3:	Barcelona (a)
Nov 24:	Galatasaray (a) 5.45pm
Dec 8:	PSG (h)
Jan 19:	B Dortmund (h)
Jan 27:	Slavia Prague (a)

LIVERPOOL

Sep 9:	Atletico (h)
Oct 14:	LASK (a) 5.45pm
Oct 20:	Villarreal (h)
Nov 4:	Fenerbahce (a) 5.45pm
Nov 25:	Club Brugge (a)
Dec 9:	Porto (h)
Jan 19:	Inter (a)
Jan 27:	Lens (h)

MAN CITY

Sep 8:	Porto (a)
Oct 14:	PSG (h)
Oct 20:	AEK (h)
Nov 4:	Leipzig (a)
Nov 24:	Napoli (h)
Dec 8:	Barcelona (a)
Jan 20:	Lens (a)
Jan 27:	Sporting (h)

MAN UTD

Sep 10:	Sabah (h)
Oct 13:	Atletico (a)
Oct 21:	Como (a) 5.45pm
Nov 3:	Roma (h)
Nov 25:	Sporting (a)
Dec 8:	Leipzig (h)
Jan 20:	B Munich (h)
Jan 27:	Villarreal (a)

PREM CITY STAR SHINES

I CAN BE DE MAN

Cherki ready to take on KDB mantle in new era

RAYAN CHERKI wants to be the next Kevin De Bruyne in Manchester City's new era under Enzo Maresca.

By JACK ROSSER

The fleet-footed Frenchman, 23, sealed back-to-back wins with two memorable goals at Crystal Palace on Friday night.

Erling Haaland also grabbed himself a double in the 4-1 victory but it was Cherki's strikes in a five-minute spell which changed the game at Selhurst Park.

When deciding to sign Cherki from Lyon in a £35million deal last year, Etihad sporting director Hugo Viana predicted he could match De Bruyne's profile within two years.

As seen in Amazon's Pep Guardiola documentary, there were concerns over the midfielder's mentality. But no doubts about his talent.

And there was certainly a flash of KDB about both of Cherki's goals against the Eagles.

The first was a wonderful combination of style and strength, rolling the ball round one defender, keeping another at bay before flooring a third with a finish few would cook up.

Yeremy Pino's free-kick went in off keeper Gianluigi Donnarumma's back to give Palace some hope.

But Cherki went all De Bruyne once more, collecting the ball with his back to goal before running at defenders and unleashing a shot from the edge of the box.

The France international is nothing if not confident. But, while he has eyes on matching Belgian legend KDB – who won an astonishing 19 trophies during his ten-year stay at the Etihad – even he knows he must be careful with the comparison.

Cherki admitted: "I work for that. I don't know if I can but I work all day for that because Kevin De Bruyne is a big, big, big player. And if in my story I can do like him, I'm very happy."

Hearing your boss saying you can reach the level of an all-time greats would be a fine feeling for anyone.

But Cherki insisted: "No, I don't care because I'm here for play, for the fun. "I'm here to help my team. I work all week to give my best in the game."

Despite two goals to follow a pair of assists off the bench in last Sunday's 2-1 win over Bournemouth, Cherki was still not exactly delighted with his performance.

He labelled his first-half performance "s**t" in a post-match TV interview and revealed he asked boss Maresca for five minutes to show he deserved to stay on.

Cherki needed a touch longer – nine minutes – to deliver his first goal but was worth persevering with.

He explained: "I said 'I'm sure he wants to change'. I said 'Enzo, give me five minutes and I'll show you'. Just that.

"I would have liked to give more balls to Erling – I have to help Erling score as many goals as possible.

"It's true, I didn't play well in the first half. But we know Crystal Palace defend very well, they closed the space inside for me.

"When I take more freedom in the second half, it was very, very better.

"We see it like a boxing match. We see, we feel and we feel where is the space. Friday was just that."

New Palace boss Pierre Sage, who managed Cherki at Lyon, was left to rue his fellow Frenchman's impact.

He said: "I'm frustrated. I think the scoreline is very heavy, because we were in this game for 65 minutes.

"We created some chances from the beginning until they scored the third goal. Then the psychology of the game changed.

"The bad moment is at the 3-1. We came back. We lost our hope in this situation."

Sage also revealed striker Jean-Philippe Mateta suffered a muscle injury in training and faces at least four weeks out.

CHERKI MATCH STATS AT PALACE

Mins played	82
Touches	84
Passes	67
Successful passes	62
Goals scored	2
Sprints	5
Shots	3
Chances created	3

RAY OF SUNSHINE . . . two-goal Rayan Cherki dreams of becoming a Manchester City legend like Kevin De Bruyne (left)

EUROPA LEAGUE DRAW

BOURNEMOUTH

Sep 17	Real Sociedad (a)
Oct 15	Sturm Graz (h)
Oct 22	AC Milan (h)
Nov 5	Sparta Prague (a) 5.45pm
Nov 26	Celta Vigo (a) 5.45pm
Dec 10	Viktoria Plzen (h)
Jan 21	Lillestrom (a) 5.45pm
Jan 28	Hapoel (h)

CRYSTAL PALACE

Sep 17	Lech Poznan (h)
Oct 15	Lyon (a) 5.45pm
Oct 22	Besiktas (a)
Nov 5	Hoffenheim (h) 5.45pm
Nov 26	Real Socieded (h)
Dec 10	Jagiellonia (a) 5.45pm
Jan 21	Sparta Prague (h)
Jan 28	Salzburg (a)

SUNDERLAND

Sep 16	Alkmaar (h)
Oct 15	Torreense (a) 5.45pm
Oct 22	Lech Poznan (a) 5.45pm
Nov 5	Dinamo Zagreb (h)
Nov 26	Jagiellonia (h)
Dec 10	AC Milan (a)
Jan 21	Anderlecht (a)
Jan 28	Levski Sofia (h)

CONFERENCE LEAGUE

BRIGHTON

Oct 15	Kauno Zalgiris (h)
Oct 22	Jablonec (a) 5.45pm
Nov 5	Getafe (a)
Nov 26	Universitatae Craiova (h) 5.45pm
Dec 10	Monaco (h)
Dec 17	Panathinaikos (a)

PREM

ASTON VILLA v ARSENAL

TOMORROW, 8pm sky sports

ALVAREZ . . . snub

Arteta hit by Julian KO blow

By JON WEST

JULIAN ALVAREZ has told Mikel Arteta he does NOT want to join Arsenal.

Argentina forward Alvarez, 26, is desperate to swap Atletico Madrid for Barcelona.

Atleti are refusing to do a deal with the Nou Camp giants for the former Manchester City man.

And that should have opened the door for Arteta's Premier League champions to secure the £100million-rated 2022 World Cup winner.

But Alvarez — who was booed by his own fans during last Sunday's draw with Villarreal — is not prepared to give up on his Barca dream just yet.

Transfer expert David Ornstein said on TNT Sports: "He's spoken to Mikel Arteta and said he doesn't want to come."

It has been suggested Arsenal might still get the deal over the line before Tuesday's deadline — but only if they agree a clause allowing Alvarez to join Barcelona in the future.

One deal the Gunners have concluded is a pro contract for Marli Salmon.

The defender, who made his first-team debut against Club Brugge in the Champions League last season, signed on his 17th birthday yesterday.

Favourite 'son here

By JON WEST

NICOLAS JACKSON cannot wait to be scoring goals for Unai Emery again.

The Senegal striker, 25, has joined Aston Villa for an initial £47.5m from Chelsea, with keeper Emi Martinez going in the opposite direction for £7.5m.

Villa manager Emery bossed Jackson at Villarreal from 2020 to 2022.

Ahead of tomorrow's visit of Prem champions Arsenal, he said of Emery: "He's been very important to me since the beginning.

"He developed me in Villarreal and I'm very happy to be here and working for him again.

"I want to score a lot of goals for the team.

"We will work and push together as always, try to achieve things together like we did in Villarreal.

"Hopefully we can achieve that and win some trophies."

Jackson fills the gap left by the departure of England star Ollie Watkins, who has joined Saudi outfit Al-Hilal for £51m.

Ezri base covered

KONSA CAN DRIVE CHAMPS TO EURO GLORY SAYS SAGNA

EXCLUSIVE by JOSHUA HALL

BACARY SAGNA has tipped Ezri Konsa to be the missing piece that wins Arsenal the Champions League.

Defender Konsa joined the Gunners in a £51million move from Aston Villa last week – and could make his debut against his former side at Villa Park tomorrow.

The England man's arrival at Arsenal may not be the most glamorous transfer, particularly after the club spent the summer pining after superstars such as Vinicius Junior and Morgan Rogers.

But the move was necessary for manager Mikel Arteta, who is expected to be without centre-back William Saliba for a lengthy portion of the season due to a back injury.

Konsa, 28, has been brought in to fill the gap left in Saliba's absence and to offer high-quality competition when the Frenchman returns.

And former Arsenal right-back Sagna – who made 284 appearances for the Gunners up until 2014 – is convinced the rivalry Konsa will offer could be vital in the club's quest to finally taste European success.

Speaking to SunSport via prediction markets reviewer Action Network, Sagna *(right)*, 43, said: "To be competitive, you need to have two players in each position and the season is long.

"It's not, of course, a competition inside the squad. The squad is genuine because all the players get on well together. But to be competitive and successful, players need to understand that they need a back-up.

"So whoever plays doesn't lower the level of the team – and I think if Arsenal want to go for higher competitions and reach the dream, which is probably to win the Champions League, Konsa is the type of player you need to have.

"You need players with different profiles. Positions need to be covered and Mikel Arteta understands this."

Arteta has already splashed out on bringing Christos Tzolis from Club Brugge and Newcastle's Bruno Guimaraes to North London this summer – and still hopes to bolster his attack before Tuesday's deadline.

But it could be Konsa who proves to be Arsenal's most vital signing.

The Gunners relied heavily on their defence to finally lift the Premier League title after a 22-year wait last season and may have to do so again this term.

Arteta has built his foundations on a solid back line.

That was evidenced by the fact that Saliba, Gabriel, Jurrien Timber and David Raya were all named in the PFA Team of Season this week.

Despite their success, Konsa bettered all of Arsenal's defenders last season regarding ground-duel and tackle success rates. He was also a key man in England's World Cup squad this summer.

Konsa's combative style has made him one of the best defenders in the Premier League and it is a big reason why Sagna thinks he will be a success in N5.

The Frenchman, who also played for Manchester City, added: "He has established himself with Aston Villa and with England.

"I think he had a good tournament and he's so good one-on-one. He's not scared to be one-on-one.

"He is good in challenges and duels – and this is what Arsenal need because most of the time, having possession of the ball exposes you – and you need this type of player who has the brain to defend in one-on-one situations. He's one of them.

"Having the ball and having so much possession is one thing but being able to defend one-on-one like Saliba has been doing, like Gabriel has been doing, like Konsa is able to do, I think it's important for the squad."

BIG SUPPORTER . . . Sagna in his Arsenal days and new boy Konsa

KEY MAN . . . Konsa stood out for Aston Villa last season and England at the World Cup

The Sun TACTICS EXPOSED

SCAN HERE TO WATCH

How the Gunners' positional rotation & fluidity can baffle Villa

PREMIER LEAGUE

CHELSEA v

HURZELER . . . praise

Fab: Wel done but have an off-day!

By TONY LITTLE

FABIAN HURZELER thanked Danny Welbeck for all he did at Brighton — but hopes he has an off-day for Chelsea today.

Forward Welbeck, 35, scored 51 times in 201 games for the Seagulls in six years before his move to West London.

He netted his first Blues goal in the Carabao Cup home win against Luton on Thursday.

Ahead of this afternoon's Stamford Bridge clash, Brighton boss Hurzeler said of Welbeck: "Great personality, great player. We had a really, really good relationship.

"Like I always said, I was really grateful working with him because he helped me a lot.

"He helped me on the pitch, he helped me beside the pitch. You don't have these kind of words a lot in football but I'm definitely grateful for working with him.

"I want him to have a great finish to his unbelievable and very impressive career, so I'm really delighted he scored [against Luton].

> He helped me on the pitch and beside it
> — FABIAN HURZELER

"But on Sunday he can take a break — and then afterwards I wish him all the best again!"

Seagulls defender Olivier Boscagli knows will it be a "tough game" against Chelsea — but reckons Albion can beat anyone on their day.

The Frenchman said: "We've had a good start of the season, we have to keep going in the same way.

"We know how hard it is to play Chelsea, especially away, a really strong team. But we also know we have the quality to beat them.

"We're in good shape, in a good rhythm. Eight goals [so far], it's really important. So it gives us a lot of confidence.

"If we play on our best level, we can beat everybody."

CHELSEA

Blues nicking plan & players from South Coast is still a costly work in progress

WHEN Brighton board the bus bound for Chelsea today, they will be following the most well-trodden path in Premier League football.

By JACK ROSSER

Since Blues' American takeover in May 2022, a total of **FIFTEEN** players and staff have swapped the Amex for West London.

Three more, including Brighton's old technical director, David Weir, have joined Chelsea's sister club, Strasbourg.

Two players have also made the same move as Weir, with one of those – Valentin Barco – now at Stamford Bridge.

Julio Enciso was in talks over a move to Chelsea before eventually ending up at Ipswich.

Former boss Graham Potter and a number of his coaching staff made the move to the King's Road.

Of eight coaching staff only Ben Roberts – now global head of goalkeeping – remains.

Aside from perhaps the ever-questioned keeper Robert Sanchez, those players have been a success, while youngsters Shim Mheuka, 18, and Zak Sturge, 22, made the move at academy level.

It has become the Premier League's very own 'special relationship', though it is remarkably one-way and expensive.

Chelsea have handed Brighton more than £300million in transfer fees and compensation.

No wonder Paul Barber, Albion's CEO, described the Blues as his 'best customer' after a 2025 £60m deal for Joao Pedro adding: "Chelsea has loyalty points with me."

Danny Welbeck was the latest to move to Stamford Bridge – and the striker's arrival for £5m is another sign of Blues borrowing from Brighton's playbook.

The Seagulls have often combined bright young talents, such as Moises Caicedo or Alexis Mac Allister, with older pros including Welbeck, Adam Lallana and, more recently, James Milner.

Chelsea, after years of watching promising but inconsistent talents blow up in big moments, have caught up with the idea that a bit of know-how can go a long way, with Welbeck, 35, added alongside midfielder Jordan Henderson, 36.

The initial intention when owners BlueCo arrived at Stamford Bridge in 2022 was not to copy the Seagulls.

But the suggestion then was that the plan was to follow the path of Spanish giants Real Madrid in identifying the brightest teenage talents in markets such as South America and snap them up before anyone else had even taken a look.

That is how they landed Brazilian 19-year-old Estevao Willian, who looks set to be a big success.

But Real Madrid's model, unlike Brighton's, does not involve selling those gems.

Under Tony Bloom, Albion have become the gold standard for moving players in and out while earning enormous profits.

The Seagulls' policy has, at times, irked previous bosses and caused friction but has undoubtedly carried the club forwards. It should be noted that they, and not the Blues, are playing European football this year.

While Chelsea do not have Bloom, they have assembled some of his key dealmakers from years gone by. Paul Winstanley and Sam Jewell play a key role in the recruitment and talent identification.

During the pre-season tour the pair alternated roles in England, Australia and Asia to ensure they could work on deals around the clock – and Winstanley has a reputation as a talented negotiator and dealmaker.

And the Blues appear to have developed their own adept talent for selling.

In the summer of 2025, Chelsea became the first Prem club to raise more than £300m in sales during one transfer window.

While they have spent eyewatering amounts under the BlueCo ownership, their sales ability is raising eyebrows within football.

This summer, £236.5m has been raised, with another £47.5m added on Friday after striker Nicolas Jackson's confirmation as an Aston Villa player.

Should midfielder Enzo Fernandez complete the move to Manchester City he is seeking, Chelsea will once again smash through the £300m and likely move above £350m in sales alone.

Off the pitch, the model appears to be working but maybe not on it.

In two of four seasons under their BlueCo ownership, Brighton have twice finished above Chelsea – including last year when the Londoners sacked two managers and finished a lowly tenth place in the Prem.

Whether Blues, or anyone, can successfully copy the Brighton playbook is almost unanswerable.

The Club World Cup was a triumph but many are desperate for more top-tier silverware to justify the enormous outlay.

BRIGHT SPARKS . . . Potter went from the Seagulls to Chelsea along with dealmakers Sam Jewell and Paul Winstanley (inset)

BRIGHTON 2pm sky sports GULLS

WEL OF TALENT . . . Danny Welbeck (left) is the latest to move from Brighton to Chelsea along with Joao Pedro (top right) and Moises Caicedo

FROM BRIGHTON TO CHELSEA SINCE MAY 2022

PLAYERS

	Joined	Initial fee
Marc Cucurella*	Aug 2022	£55m
Robert Sanchez	Aug 2023	£25m
Moises Caicedo	Aug 2023	£100m
Shumaira Mheuka	Oct 2023	
Zak Sturge	Oct 2023	£7.65m**
Joao Pedro	Jul 2025	£60m
Danny Welbeck	Aug 2026	£5m

*Now Real Madrid **joint fee

SPORTING DIRECTORS & RECRUITMENT

Paul Winstanley (co-sporting director)

Sam Jewell (director of global recruitment)

Kyle Macaulay (recruitment analyst/specialist)

COACHING STAFF

GRAHAM POTTER (head coach)

Took charge at Chelsea in September 2022 after Thomas Tuchel was axed. Sacked in April 2023. Had an unhappy spell at West Ham but is now Sweden boss.

BILLY REID (assistant head coach)

The long-time assistant to Potter moved from the Amex at the same time. Left when Potter exited Stamford Bridge and joined him at West Ham.

BJORN HAMBERG (first-team coach)

Also joined Chelsea as part of Potter's coaching group, leaving in August 2023. Returned to coach Brighton Under-18s before becoming IF Elsborg boss in February.

BRUNO SALTOR (first-team coach/interim boss)

Ex-Brighton skipper was briefly interim head coach after Potter's exit, leaving in September 2023. Linked up with Potter at West Ham and is now Spurs assistant boss.

BEN ROBERTS (goalkeeping coach)

Brighton's former goalkeeping coach moved to Chelsea in 2022, staying with the club after Potter's exit. Later given the title head of global goalkeeping, he remains on the coaching staff under Xabi Alonso.

ROMAINE BUILDING

REGIS LE BRIS told Sunderland winger Romaine Mundle he has the X-factor.

By IAN MURTAGH

But Black Cats boss Le Bris warned the 23-year-old there is work to do before he can consider himself a fully fledged Premier League player.

The former Tottenham youngster has endured a rollercoaster in 2½ years at the Stadium of Light.

Hamstring issues have plagued Mundle *(right)*, restricting him to just 52 appearances since arriving from Standard Liege.

And he missed a sitter against today's opponents Fulham in February.

With the game goalless, Mundle was clean through on goal but sliced his shot wide from close range.

Fulham took the lead moments later and went on to win 3-1 – they were the only side to beat Sunderland home and away last term.

Mundle was subjected to abuse on social media – and did not play for the rest of the season.

Many predicted he would move on but instead the Londoner has been rewarded with a new contract – and he has a big fan in Le Bris.

The Frenchman said: "It is clear Romaine has the X-factor and it is not easy to get this X-factor.

"As a left winger, he is a really good finisher. If you observe him in the training sessions, he is one of the best.

"But these qualities are not enough to become a Premier League player.

"You need time to become more mature, more well rounded and add different layers. We need to support him. But he has this potential."

While Mundle looks set to be on the bench, Chris Rigg is pushing for a starting place.

Le Bris said of the 19-year-old midfielder: "Comparing his start last season to this and it is a huge improvement.

"It is not just about his football but his maturity as a man. His confidence has grown.

"Often, you can be exactly the same shape but when you are more confident, you look bigger, you look sharper and you look quicker. That is the case with Rigg.

"He has been a really good sub and this season he might start soon."

Sunderland v Fulham

2pm sky sports

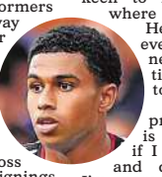
SHEA CAN MULTITASK

SHEA CHARLES is ready to scrap for a Fulham starting role — even if it means becoming boss Alvaro Arbeloa's Swiss Army Knife.

By CHARLIE GORDON

The £26million signing from Southampton started in midfield in the Carabao Cup on Thursday but finished the game in central defence – a position he learned in Manchester City's youth ranks.

And he was one of the standout performers who played his way into contention for a Premier League nod at Sunderland today, having come off the bench in the 3-2 loss to Chelsea on Monday.



With a new boss and summer signings jostling for position, these are key weeks for Charles.

But he is not the only one trying to impress.

Charles *(above)* told SunSport: "It's like this every season but especially when there's a new manager. Everyone is fighting, there's a healthy competitive nature around the squad.

"It's a really good group with a lot of quality, so the competition is always high in training.

"The boss and his staff have done a really good job of translating his ideas to us. Especially with me coming in a little bit later.

"He's told me what he wants from me.

"All the boys are really getting to grips with it and I feel like it's starting to flow really well."

Charles' versatility opens up multiple routes into the starting line-up – but the Northern Ireland international is keen to remind Arbeloa where he is at his best.

He added: "Whatever the team needs at any time, I'm happy to do.

"Obviously, my preferred position is centre-mid but if I have to drop in and do a job then I'm more than happy."

After defeat to a strong Chelsea, and victory against League One Wimbledon, today's trip to Wearside should give Fulham a better sense of where they stand.

Charles said: "I've played at the Stadium of Light and it's a really tough place to go. They have a really good fanbase and team.

"We know it's going to be a very tough game but we've just got to be confident and make sure we're prepared."

MUHAREMOVIC . . . impressive start

Tarik dad has pa-rty

Leeds v Brentford

2pm, sky sports

By ROSS HEPPENSTALL

TARIK MUHAREMOVIC is already proving a smash hit at Leeds — and so is his dad!

The 6ft 4in Bosnian centre-half arrived for £34.1million from Serie A side Sassuolo this summer and impressed hugely in back-to-back wins at Nottingham Forest.

During last Saturday's Premier League opener at the City Ground, the 23-year-old's father Rasim was spotted in the away end belting out Leeds songs.

Whites boss Daniel Farke said: "Tarik's a very bright guy and he established a very strong connection with every player within 48 hours of arriving here.

"He's a brilliant character and speaks nine different languages – a smart guy who's enjoying life.

"He's been totally committed from day one but sometimes I have to calm him down because he gets so excited!

"I have to make sure he doesn't lose focus by being over-emotional."

Farke added: "And his dad is also welcome to join us whenever he manages to get tickets.

"It can be difficult due to the demand for the home and away ends but if he's able to get a ticket then he can use his voice and sing a few proper songs."

Centre-back is Leeds' strongest position as Muharemovic competes with Joe Rodon, Jaka Bijol, James Justin and new-boy Nico Elvedi.

He will be tasked with stopping Bees striker Igor Thiago today and Farke warned: "Tarik needs to keep improving because this is his first season in English football.

"He has all the potential, the early signs are really good but let's not sing his praises too soon."

Malick is buzzing

KEITH ANDREWS says El Hadji Malick Diouf "fits what we're about" after he joined Brentford from West Ham in a £40million deal.

The Senegal defender — who played four times at the World Cup — could make his Bees debut against Leeds at Elland Road today.

Boss Andrews said: "He settled into the Premier League at a new club, a new environment, a new culture very well at West Ham last year and had some eye-catching performances.

"We obviously did more due diligence on him, his character and how he would settle into the group.

"He fits what we're about with his age profile and attributes and he comes into an already competitive squad."

Diouf, 21, said: "They've seen things in me that maybe I didn't see myself. They're looking forward to helping me and I'm really happy with the plan.

"I watched them a lot last season. The team is very athletic and I have that profile as well, so I think I can adapt well."

PREM MANCHESTER

REFOCUSED . . . Carrick takes United training as they look to put things right against Ipswich

PLUCKY

Carrick: Hull defeat hurt us all

By SAMUEL LUCKHURST

MAN UNITED CORRESPONDENT

MICHAEL CARRICK'S calm persona has been tested a couple of times already this season.

He took exception to the suggestion Manchester United lacked "passion" in last week's 2-0 opening defeat at Hull – and on Friday the head coach dismissed some analysis of the game as "lazy".

Questioning Carrick's methods or his team seems to be the chink in his armour when he holds court at Carrington.

He told one journalist: "You've watched football a long time, right?

"Teams lose games and win games – and it's not just because you try or you don't try.

"Just because we lose a game doesn't just mean leadership, or I got passion thrown at me after the game, it's not just that. You lose two set-plays like we did, it changes the game.

"There's all sorts of different reasons for the defeat. I don't have to give you the total reason, because we know what we're trying to improve on.

"But I'm just saying to you, I think it's so easy and lazy to say, 'Team loses a game, everything's wrong. This is wrong, not trying enough, not enough passion'.

"It's just like the obvious answer. We've probably played like we did at Hull and won games.

"And then everyone goes, 'What a great team, what a great coach, what a great load of players' when we find a way to win 1-0."

United face another promoted side today as they host Ipswich in their first home game of the season.

Given the lack of crises since Carrick was appointed in mid-January and back into the Champions League with a third-place Prem finish, this has been his most testing week in the role.

And he seemed a little tense. Carrick added: "Success comes from how well you deal with setbacks in the end.

"In any position, certainly any sport, particularly this one, going through a season there's going to be setbacks, sometimes a bit smaller than others.

"It's how you deal with that initially, how you react to that, what comes next.

"That ultimately decides what type of team you're going to be.

"So far, we've dealt with those setbacks really well, within games, game to game.

"Yeah, we had one last week. No getting away from it and it's disappointing. But we look to bounce back.

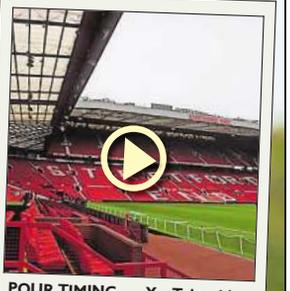
"We had a good week. The boys are refocused, learned where we could have improved, and keep pushing forward.

"In terms of response, I've seen what I wanted this week for sure.

"It hurts when you get beat, it hurts us all. And as I said, it's how

UNITED v IPSWICH

4.30pm, sky sports



POUR TIMING . . . YouTube video displays Old Trafford in the rain

What a shower!

MANCHESTER UNITED left fans baffled by releasing an HOUR-LONG video of Old Trafford in the rain.

The ASMR clip, shared to the club's 11.5million YouTube subscribers, pans around the pitch, concourse and tunnel.

ASMR is a sensory response some people experience to a sight or sound — such as rainfall. It triggers a tingling feeling that can be relaxing and help with sleep.

Many fans were unimpressed by the video's timing, with the transfer window shutting on Tuesday and the Red Devils yet to add a left-back.

Lewis Hall is their top target with Newcastle refusing to sell.

One fan moaned: "United be doing ANYTHING but signing a left-back."

Another said: "You should do crickets next. To go with this transfer window."

DEVIL

but we'll learn lessons

you deal with that. But the boys have come back and you could tell we were coming back after a defeat. You can sense it.

"But I like how the boys have come together, stuck together and done the right things.

"They have trained really well and refocused for the weekend. It's the only way."

While matchgoers were away, United ramped up plans for a new Old Trafford in July – purchasing a triangle of land adjacent to the current stadium.

Old Trafford's concourse and kiosks have been upgraded for the new campaign, while a fanzone has also been installed.

Some regulars will not get to experience them yet after the club's botched ticket-touting investigation saw a section banned for a year unfairly – a process that has driven a wedge between club and supporters.

Carrick dodged a question on the club's treatment of their paying fans, instead expressing sympathy for those at Hull who discovered that trains back to Manchester had been cancelled.

There have been suggestions of minor protests outside the Old Trafford ticket office – yet the 116-year-old stadium is a sell-out for the visit of Ipswich.

The Tractor Boys are no longer the borderline gimme they appeared to be pre-Hull.

Especially as Gary O'Neil's side got off the mark with a late win against Sunderland at Portman Road last week. Records tumbled at Hull. And Ipswich – back in 1984 – were the last side to beat United at Trafford when the hosts had led at half-time.

Carrick also tasted the misery of an August loss against a promoted side as a United player.

He said: "I remember missing a penalty against Burnley in 2009, I think it was the second game, we got beat 1-0.

"I'm sure they just got promoted as well. We had just won the league and got to the Champions League final.

"So, it's part of it, it happens. We don't want it to happen."

Sir Alex Ferguson dropped Carrick for the next game at Wigan. Even after his calmness wavered, Carrick is unlikely to be as impulsive.

LOOKING UP FOR IT

Giant Kjell's big ambitions

TALL ORDER . . . Scherpen will face a fired-up United today

By JON WEST

THE Premier League's tallest ever performer wants to be better known for big saves in big games — starting at Manchester United today.

Kjell Scherpen broke a record last weekend when he helped Ipswich beat Sunderland on their top-flight return.

The Dutch keeper stands 6ft 9in tall – an inch taller than former Black Cats keeper Costel Pantilimon.

But Scherpen, 26, made it clear the only numbers he really cares about are shots saved, clean sheets and points.

He said: "It's a good record to have but I hope they will remember me not just for my height but also because I'm a good goalkeeper and make loads of saves – and save the team. That will be satisfying me more.

"My height, of course, is a big positive. Obviously there's things that I have to do differently to a goalkeeper who is six feet or even smaller.

"But on the other hand I have to shape my own way of goalkeeping and can't look too much to others because they're not in the same body as me.

"I try to take every part of the game that fits best to my body and my height. Out of that, I can be massive in goal and a really annoying guy for strikers."

Scherpen could have a busy day at Old Trafford as United aim to bounce back from their shock opening weekend defeat at Hull.

But he arrived in Suffolk with experience of taking on big guns from his time at previous club Royale Union Saint-Gilloise, who sold him to the Tractor Boys for an initial £8.5million over the summer.

The Belgians punched above their weight in last season's Champions League, beating PSV Eindhoven, Galatasaray and Atalanta.

Scherpen believes Town face a similar step up in class when it comes to Premier League action.

He added: "It was really good to get the experience and to learn from those moments.

"We will probably also have some games this season where we have to struggle, where we have to take the pressure and survive."

Town last won at Old Trafford in 1984 but Scherpen said: "I'm really looking forward to it, going to Old Trafford to play there is a dream."

Ex-United keeper Edwin van der Sar signed Scherpen in 2019 when the Dutch legend was CEO at Ajax.

But Scherpen grew up a Feyenoord fan so Van der Sar made him write "Ajax is the most beautiful club in the Netherlands" a thousand times!

He moved to Brighton in 2021 but could not break into the first team.

The big stopper said: "I don't want to say I didn't get a chance there.

"I was not in the right place at the right time. I got a lot of experience with loans, playing in the Europa League and the Champions League in Austria and Belgium.

"That developed my game a lot and is why I'm really happy now to be back in England, able to show what I can do."

4 IPSWICH are looking to start a top-flight season with two wins in a row for a fourth time — also doing so in 1974-75 (finishing 3rd), 1980-81 (2nd) and 1993-94 (19th).

PREMIER LEAGUE

SPURS 0

ELOFA TOO

Ant & Yoane show life after Howe to burst Spurs bubble

NEWCASTLE fans were dreading the start of this season — after the departure of Eddie Howe and THREE of their best players.

There was even talk of relegation.

By complete contrast Tottenham, having avoided the drop by the skin of their teeth in May, had expected an instant change in fortunes.

Boss Roberto De Zerbi splashed out more than **£300MILLION** on new players — including one of those Toon exits, Sandro Tonali.

There was even talk of the top four.

Instead, with £100m midfielder Tonali suffering an absolute shocker in N17 yesterday, hosts Spurs ended up with a result just as painful as the opening 3-0 loss at Brentford.

As for Newcastle — agonisingly close to beating Liverpool in their opener last week before conceding an injury-time penalty to draw 2-2 at St James' Park — they are flying. What a start for new boss Matthias Jaissle *(right)*.

And it was two players who were a disaster under Howe last term, Anthony Elanga and Yoane Wissa, who produced the moments of real class that won them this match.

By **CHARLIE WYETT**

Elanga did not score once in the Premier League after his arrival from Nottingham Forest in a £60m deal last season.

But he has already netted twice this campaign and his goal here was a beauty — even better for the Toon fans in the away end because he turned Tonali inside out.

Wissa, an initial £50m from Brentford, never got going after missing three months with an injury.

But he also looks reborn and, after an encouraging showing against Liverpool, he sealed this clash with an outstanding touch of class.

The Toon Army had barely stopped celebrating being 2-0 up when they saw the fourth official indicate Tottenham's No16 was being replaced.

Tonali, having been booed with

CAN'T STOP WISS ONE . . . Wissa hooks the ball over his shoulder to beat Kinsky in Tottenham goal

PREMIER LEAGUE

	P	W	D	L	F	A	Pts
Man City	2	2	0	0	6	2	6
Hull	2	2	0	0	3	0	6
Newcastle	2	1	1	0	4	2	4
Everton	2	1	1	0	3	1	4
Brighton	1	1	0	0	4	0	3
Arsenal	1	1	0	0	3	0	3
Brentford	1	1	0	0	3	0	3
Chelsea	1	1	0	0	3	2	3
Ipswich	1	1	0	0	2	1	3
Leeds	1	1	0	0	1	0	3
Liverpool	2	0	2	0	4	4	2
Bournemouth	2	0	1	1	2	3	1
Nottm Forest	2	0	1	1	2	3	1
Fulham	1	0	0	1	2	3	0
Sunderland	1	0	0	1	1	2	0
Man Utd	1	0	0	1	0	2	0
Aston Villa	1	0	0	1	0	4	0
Coventry	2	0	0	2	0	4	0
Crystal Palace	2	0	0	2	1	6	0
Tottenham	2	0	0	2	0	5	0

3 TOTTENHAM have lost their opening two matches of a league campaign without scoring for the third time in their history, previously doing so in the 1947-48 (2nd tier) and 1974-75 (top flight) seasons.

TOON'S SHEAR BLISS

ANTHONY ELANGA is the first to score in Toon's opening two PL games since Alan Shearer in 03-04.

OPENING TWO PREM GAMES

2003-04 SHEARER GOALS		2026-27 ELANGA GOALS	
Leeds (a)	2	Liverpool (h)	1
Man Utd (h)	1	Tottenham (a)	1

5 SPURS made five changes to the starting XI yesterday from their opening-day defeat to Brentford — the club's most line-up changes between their opening two games of a Premier League campaign.

NEWCASTLE 2

ELANGA 62; WISSA 72

NAROUND

every touch, trudged off the pitch looking embarrassed.

Throughout the game, the travelling support sang, "There's only one greedy b******" at the Italian – although they did the same to Alexander Isak six days earlier.

And maybe, at home to Arsenal in November, they might chant the same thing at Bruno Guimaraes.

Although he has maybe won a PR battle having written about his love for the club, despite wanting away for the same reason as the others.

For Spurs boss De Zerbi, this was his first defeat here at the Tottenham Stadium – yet things will get better.

They have to. But it will obviously take time for this huge number of new players to gel.

One of those, Omar Marmoush, only arrived from Manchester City on Thursday and went straight into the team with fellow new boy Savio missing out with a muscle strain.

Marmoush will hope to do better than his ten Premier League goals in 18 months at City.

Although he did look off the pace, wasting the best chance of the first half as he had plenty of time to judge Andy Robertson's far-post corner, only to stick his effort into the side-netting.

After a sluggish start, Tottenham looked better but they failed to take their chances.

Tonali attempted a shot which was so badly mis-hit it went across the goal to Pedro Porro, whose shot ended up superbly blocked by Lewis Hall.

Tonali was just lucky his shot ended up at the feet of a team-mate rather than bobbling out for a throw.

Playing on the right of midfield rather than in defence, Porro also attempted an ambitious volley which would likely have been an early contender for goal of the season had it been a yard lower.

And Newcastle keeper Lukas Hornicek – who arrived from Portuguese side Braga for £25.7m – was pretty busy, keeping out efforts from Mathys Tel, Robertson and Jan Paul van Hecke.

Newcastle sorted themselves out after the break.

Although Marmoush had another chance for Spurs – creating an opening out of nothing but just unable to get his shot on target.

Then it all went wrong for De Zerbi and Spurs.

And two of the Magpies' new summer signings, Nico Gonzalez and Amar Dedic, played their part.

Making his debut just a few days after signing from City for £52m, Gonzalez sprayed a long pass to his right-back, who looks like he could be a bit of a bargain following a £30m arrival from Benfica.

Dedic's header down was perfect but there was still plenty of work for Elanga to do.

He kept the ball away from Tonali brilliantly, turned and found the net with his low left-footed strike via the post.

De Zerbi rang the changes, and his triple substitution included the arrival of Mohammed Kudus, appearing for the first time since January after a serious quad injury.

Yet Newcastle inflicted more agony and another player who struggled last season – Nick Woltemade – made an impact, the sub getting his head to Hall's 72nd-minute corner.

It still looked a difficult chance for Wissa with his back to goal but he somehow hooked the ball over his shoulder past Antonin Kinsky.

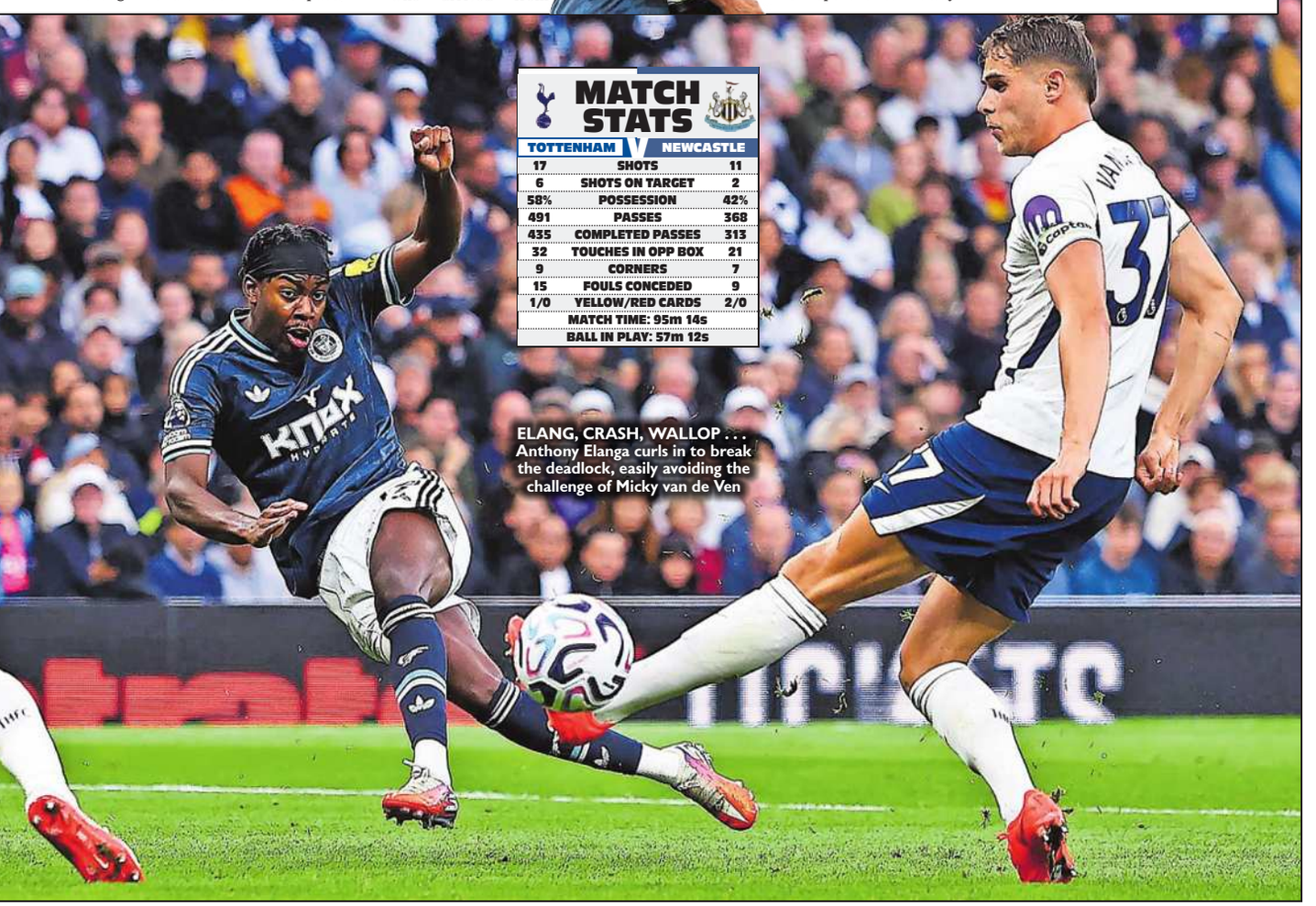
Three minutes later and Tonali was hauled off for Dominic Solanke.

It signalled the end of a dreadful day for the £100m man – but a perfect one for Newcastle.

HOW THEY LINED UP

SPURS: Kinsky, Gray (Moore 68), Van Hecke, Van de Ven, Robertson (Udogie 68), Bentancur, Tonali (Solanke 75), Porro, Fernandes, Tel (Kudus 68), Marmoush.

NEWCASTLE: Hornicek, Dedic, Thiaw, Botman, Hall, Gonzalez (Steur 71), Miley, Elanga (Murphy 82), Willock (Woltemade 71), Barnes (Toure 90), Wissa (Ramsey 82).



ELANG, CRASH, WALLOP . . . Anthony Elanga curls in to break the deadlock, easily avoiding the challenge of Micky van de Ven

MATCH STATS

TOTTENHAM		NEWCASTLE
17	SHOTS	11
6	SHOTS ON TARGET	2
58%	POSSESSION	42%
491	PASSES	368
435	COMPLETED PASSES	313
32	TOUCHES IN OPP BOX	21
9	CORNERS	7
15	FOULS CONCEDED	9
1/0	YELLOW/RED CARDS	2/0
	MATCH TIME: 95m 14s	
	BALL IN PLAY: 57m 12s	

48 ON his Newcastle debut, Nico Gonzalez completed 48 passes — the most by a Prem debutant for the Magpies since Sandro Tonali in August 2023 (also 48).

GONZALEZ . . . debut

TON

From Back Page

well and were unlucky with the result.

"I know what the plan is and what difficult problems we could find.

"I am sorry for the fans and the players for the result but to change two seasons like the last two is impossible in ten days or in the transfer market.

"Before the end of last season we were in the Championship and stayed up together.

"We have great players — we will change the last two seasons."

Tonali was replaced by Dominic Solanke in the 75th minute.

RDZ, 47, added: "Sandro is a crucial player but he is not in the best condition. Maybe physically.

"I love Sandro. Today is the day where my emotion for my player is bigger than the other days."

Scorer Wissa hailed the impact of Newcastle's new manager Matthias Jaissle.

He replaced Eddie Howe this summer and also saw Bruno Guimaraes and Anthony Gordon depart.

Forward Wissa, 29, said: "The new manager came with a new identity.

"Every part of the game, we're really precise.

"He is a really dynamic manager — the best signing of Newcastle so far."

German Jaissle, 38, added: "This is a good start and a moment to enjoy. Not only the goals but the performance."

It was also a fine debut for £52m midfielder Nico Gonzalez, who only arrived from Manchester City in midweek.

Gonzalez, 24, played a part in Elanga's opener and said: "It was amazing. I am happy for the work I and the team have done."

RDZ: 3 want out

By CHARLIE WYETT

ROBERTO DE ZERBI has admitted THREE players have asked to leave Spurs.

The Tottenham boss says Richarlison, Kevin Danso and Pape Matar Sarr are determined to force a move before Tuesday's deadline.

Richarlison has one year left on his deal and Everton are interested in re-signing the striker.

RDZ revealed: "He said too many times he wanted to leave. Danso came two days ago and said he wants to leave. Sarr is the same.

"You can change many players in one window and find the balance immediately or you need more time. I'd like to do it as soon as possible."

Spurs want around £20m for midfielder Sarr, 23.

Brentford have shown an interest in Archie Gray, 20, but he is unlikely to leave this close to the end of the transfer window.

NEXT GAMES

SAT 3PM Premier League Nottm Forest (away)

SAT 12:30PM Premier League Bournemouth (home)

thesun.co.uk/sport

Sun Sport

YOUR No1 RACING PULLOUT
FREE INSIDE

IRAOLA SUB RAGE
SEE No1 FOOTBALL PULLOUT

It's all gone wrong!

MOSES HIT BY BRUTAL HRGOVIC COMEBACK

STUNNED . . . Itauma (right) sees his world title hopes dashed by Hrgovic

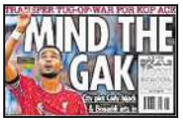
By WALLY DOWNES Jr

MOSES ITAUMA was sensationally stopped in the ninth round by underdog Filip Hrgovic — just as his corner threw in the towel.

The Brit, 21, suffered his first pro defeat after dominating their IBF world heavyweight bout at the O2.

But wily Croatian Hrgovic, 34, who withstood a barrage of punches, left a knackered-looking Itauma wobbling before the referee stepped in.

Big fight special — Pages 52, 53



WE TOLD YOU . . . our back page from Tuesday

City go for Gak

By JACOB MIGNANO

MANCHESTER CITY'S move for Cody Gakpo is back on with the club talking to Liverpool about a bombshell transfer.

SunSport last week revealed Enzo Maresca's side had entered the race for the Dutch forward.

Fears he might be heading to Spurs saw City identify Everton's Iliman Ndiaye as an alternative.

But Gakpo, 27, who set up Alexander Isak's goal in yesterday's 2-2 draw with Nottingham Forest, wants an Etihad move.

Gakpo signed a five-year Kop deal a year ago but has struggled for form.

He has now set his heart on a move to the blue side of Manchester ahead of Tuesday's deadline in a possible £85million deal.

SPURS 0 NEWCASTLE 2

TON'N DUSTED

Toon pile pain on £100m old boy Sandro but RDZ won't panic

By CHARLIE WYETT

SANDRO TONALI was jeered by Newcastle's travelling fans as his £100million Spurs switch turned sour.

Tottenham are rock-bottom of the Premier League with zero points – and no goals.

Italian Tonali, 26, was supposed to be the jewel in the crown of a £304.5m summer rebuild but was upstaged by Toon scorers Anthony Elanga and Yoane Wissa.

Spurs were booed at the final whistle but boss Roberto De Zerbi *(right)* said: "We will not panic. I am not angry, we are working

Turn to Page 63

SANDRO SO LOW . . . ex-Magpies star Tonali was subbed after a poor display

WIS KID . . . Elanga hails Toon's second scorer Yoane Wissa

© NEWS GROUP NEWSPAPERS Ltd, 2026. Published in print and all other derivative formats by News Group Newspapers Ltd, 1 London Bridge St, London, SE1 9GF, 020 7782 4000. Printed by: Newsprinters Holdings Ltd, Great Cambridge Rd, Waltham Cross, EN8 8DY, Kitling Rd, Prescot, Merseyside L34 9HN and Byramsmuir Rd, Holytown, Motherwell ML1 4WH; Webprint, 2023 Bianconi Avenue, Citywest Business Campus, Dublin, Ireland; KP Services, La Rue Martel, La Rue des Pres Trading Estate, St Saviour, Jersey, JE2 7QR. For permission to copy articles or headlines for internal information purposes contact NLA media access at copy@nla.co.uk, or telephone 01892 525273. For all other reproduction and licensing inquiries contact Licensing Department, 1 London Bridge St, London, SE1 9GF, telephone 020 7711 7888, e-mail enquiries@newslicensing.co.uk

Alfred's a Sol man

By CALLUM JAMIESON

ALFRED WALLACE dented some lofty reputations in the Solario Stakes.

Backed into 11-4 for in-form trainer Ed Walker (*right*), the juvenile put his experience to good use in the Group 3 at Sandown Park.

After tracking long-time leader Sonic Angel for much of the race, jockey Kieran Shoemark booted his colt into the lead two furlongs from home.

They battled on to see off Dover Street in second with the much-hyped Breacher third.

He was trimmed into 25s from 50-1 for the Dewhurst at Newmarket.

Walker said: "What a dude, he's an absolute star to back up ten days after York.

"Our fellow just has that battle-hardened experience, he's small and strong and tough.

"We'll definitely have a shot at a Group One with him!"

BOAT SAILS TO TOWER

PUSH THE BOAT OUT got up late to deny unbeaten ace Great Barrier Reef in the Round Tower Stakes at the Curragh. Trainer Michael O'Callaghan said: "He's beaten a nice horse there so we'll aim at some nice races now."

Con clash for Bay

EXCLUSIVE By MATT CHAPMAN

GEORGE SCOTT says his Coronation Cup hero Bay City Roller is likely to take on Constitution Hill in next weekend's September Stakes.

The Prix Foy in Paris had been the dual Group 1-winner's original target, but the weather forecast and a sparkling midweek workout has meant Scott has had a change of heart.

He's now in line to take on Nicky Henderson's ace as well as Gethin in the Group 3 at Kempton on Saturday.

The trainer said: "We went to Kempton in the week and Oisin Murphy said he liked the surface.

"It looks pretty dry in Paris so at the moment I would say Kempton is more likely.

"It's all about the Arc for him and this should set him up nicely. It looks like it will be a strong race!"

THE Favourite
HOME OF RACING
Sunday, August 30, 2026

By CALLUM JAMIESON

TOUGH Zavateri powered through the mud to claim the Celebration Mile at Goodwood.

Eve Johnson Houghton's stable star had been winless in two previous outings this summer, but made the most of the drop to Group 2 company.

Backed into 11-10 favourite, the three-year-old travelled best and took the lead a furlong from home before showing his class to go three lengths clear of Qirat.

Chuffed Johnson Houghton now has her eye on another Group 1 bid at Ascot.

She said: "I said before, 'if he handled the ground he would win.' And he did!

"He's from humble beginnings and we have asked him some tough tasks this season but he has developed into a machine.

"He showed the turn of foot I knew he had.

"He'll go to the QEII at Ascot next, I'm keen for him to go there and back into Group 1 company."

ZAV A GO HERO . . . Zavateri is much the best in Celebration Mile at Goodwood for trainer Eve Johnson Houghton (*right*) and Charles Bishop (*above*)

ZAV SOME OF THAT!

It's Celebration time again for Eve at Goodwood

FIRST PAST THE POST FOR RACING
The biggest and the best pullout
. . . SEVEN DAYS A WEEK!

Favourite THE BIGGEST AND THE BEST COLOURS

GOODWOOD LIVE ON ITV: 1.25 - 3.45

GO

1.25 TATTERSALLS NOVICE STAKES (Class 2) 2-Y-O; winner £20,616; 1m (9 runners)

1 0 **BUNDABERG 29**
(8) G & J Moore 9-7 ..... **David Egan** 70
Runs: 1 £0
Very quiet debut here when 125-1, needs miracle improvement, not today

2 2 **FLIGHT TRACKER 24**
(1) R Beckett 9-7 ..... **Rossa Ryan** 96
Runs: 1 £3,296
Looked a decent second on debut, plenty to like, in right hands, threat

3 2 **GEORGE CROSS 26**
(2) O Burrows 9-7 ..... **Callum Rodriguez** 97
Runs: 1 Places: 1 £3,296
Caught eye on debut in decent race, likely to improve, mile suits

4 42 **MISTER WHIPPY 15**
(9) E Walker 9-7 ..... **Kieran Shoemark** ●99
Runs: 2 Places: 1 £10,648
Still green last time at Newbury, step up to mile a plus, high on shortlist

5 4 **NEW OXFORD 38**
(3) H Charlton 9-7 ..... **Lewis Edmunds** 91
Runs: 1 £824
Not mucked around on debut when green, should come on, e-way

6 **ODELL**
(6) D Menuisier 9-7 ..... **Hector Crouch** —
Yard are a tad quiet, 75k buyback as yearling, bred to want a trip

7 **ROSSBEIGH**
(7) F Brennan 9-7 ..... **Oisin Murphy** —
50k breeze-up buy, an eye-catching jockey booking for a small team

8 74 **SEE THE MOUNTAIN 24**
(5) A Balding 9-7 ..... **David Probert** 83
Runs: 2 £824
Murphy has ditched him, might be one for a nursery, needs more here

9 3 **SOMERTON 38**
(4) R Hannon 9-7 ..... **Pat Dobbs** 88
Runs: 1 Places: 1 £1,648
Only 5-1 for debut in decent heat at Sandown, form pretty untested

BETTING: 9-4 Flight Tracker, 3 Mister Whippy, 13-2 George Cross
WHERE FAVOURITES FINISHED: 3
2025: Ancient Egypt 9-11, R Scott 11-4 (C Johnston), drw 3, 6 ran.

2.00 VIRGIN BET HANDICAP (3) value to the winner £13,085; 1m (11 runners)

1 87/670 **SWING VOTE 74 (P★;D)**
(5) S & E Crisford 6-10-3 ..... **William Buick** 86
Runs: 13 Wins: 5 (5,3A) £159,357
Losy way after spell in Dubai, big weight, looks big ask, market steer

2 00-000 **GODWINSON 30 (CD)**
(1) J Channon 6-10-3 ..... **David Probert** 85
Runs: 17 Wins: 4 (A,3GS) Places: 3 £147,064
Won this in '24, well-treated now but struggling, rain would help, risky

3 5-0151 **PRINCIPALITY 16 (CD)**
(3) H Eustace 4-9-12 ..... **Kaiya Fraser** 97
Runs: 19 Wins: 4 (F,S,2G) Places: 2 £81,705
Solid campaign so far, course form a big plus here, drawn well, in mix

4 00-458 **REAL GAIN 29 (P★;D)**
(10) H Al Jehani 6-9-10 ..... **Harry Vigors (5)** 92
Runs: 14 Wins: 3 (F,2A) Places: 1 £49,368
On handy mark now, cheekpieces on first time, will pop up soon

5 5-0044 **OLIVER SHOW 32 (D)**
(6) G Boughey 6-9-10 .... **Billy Loughnane** 98
Runs: 27 Wins: 4 (4A) Places: 5 £155,502
Unlucky when well-backed here last time, same mark, big player

6 005008 **RHOSCOLYN 1 (CD)**
(4) D O'Meara 8-9-5 ..... **Daniel Tudhope** 93
Runs: 75 Wins: 10 (F,6S,3GS) Places: 8 £387,479
Should get conditions, loves it here, down the field again yesterday

7 156500 **RAINBOW NEBULA 8 (D)**
(2) R & P Fahey 4-9-4 ..... **Billy Garritty** 83
Runs: 15 Wins: 3 (A,GS,G) Places: 3 £34,576
Back on last winning mark but in horrid form, showed nothing at York

8 2-5134 **MASKED WARRIOR 34 (BF)**
(11) W Haggas 3-9-3 ..... **Cieren Fallon** 89
Runs: 6 Wins: 1 (A) Places: 3 £17,552
Beaten 6-4 jolly in weaker race at Ripon, draw could be better, sniff

9 08-711 **DRIFTS AWAY 30 (D)**
(9) T Kent 5-9-2 ..... **Ray Dawson** ●99
Runs: 21 Wins: 8 (2F,5A,GS) Places: 6 £45,091
Only nudged up 2lb for Newmarket win, right in hunt again, go well

10 041415 **SILCA BAY 25 (BF,CD)**
(8) E J-Houghton 4-9-10 **Oliver Carmichael (7)** 91
Runs: 21 Wins: 5 (F,3A,GS) Places: 4 £40,264
This tougher than Brighton latest when excuses, needs more, e-way

11 445212 **INSPIRED 22 (D)**
(7) K R Burke 4-9-1 ..... **Clifford Lee** 97
Runs: 11 Wins: 2 (F,A) Places: 6 £32,726
Bumped into one at Haydock, repeat and bang there, drawn okay

BETTING: 7-2 Inspired, 4 Oliver Show, 9-2 Principality, 6 Real Gain
WHERE FAVOURITES FINISHED: 2 7 4
2025: Tribal Chief 4-9-11, S Levey 15-2 (D Menuisier), drw 11, 11 ran.

Sunracing FORM

SWING VOTE (9-1) 125-1 in touch, no extra, 14th of 28 (btn 5¼l) to Rogue Diplomat (9-0) **GODWINSON** (9-2) 125-1 held up, headway 1f out, never involved, 18th (btn 7¼l) (Ascot 1m hcap (2) £90,195 good to firm).
GODWINSON (9-5) 25-1 rear, ridden 1f out, kept on, 10th of 18 (btn 5½l) to Archivist (9-12) (Goodwood 1m hcap (2) £90,195 good to firm).
PRINCIPALITY (9-10) 7-1 rear, stayed on final furlong, led finish, bt Tuscan Hills (10-0) ½l (10 ran) (Newmarket 1m hcap (3) £10,308 good to firm).
REAL GAIN (9-10) 12-1 prominent, faded final furlong, 8th of 15 (btn 3¼l) to Crest of Fire (9-6) (Goodwood 1m 1f hcap (3) £25,770 good to firm).
OLIVER SHOW (9-4) 6-1 midfield, no extra, 4th of 20 (btn 1¾l) to Crimson Spirit (9-6) **RHOSCOLYN** (9-5) 12-1 midfield, ridden 2f out, no impression, 19th (btn 11l) (Goodwood 7f hcap (3) £25,770 good to firm).
RHOSCOLYN (8-12) 6-1 midfield, ridden 2f out, short of room 1f out, last of 13 (9l) to Whip Cracker (9-6) (Chester 1m hcap (2) £30,924 good to soft).
RAINBOW NEBULA (8-8) 66-1 mid-division, weakened 2f out, 17th of 20 (well btn) to Raammee (9-12) (York 1¼m (2) £51,540 good to soft).
MASKED WARRIOR (9-8) 6-4 fav handy, headed late, 4th of 5 (2½l) to Command The Stars (9-11) (Ripon 1m hcap (3) £7,731 good to firm).
DRIFTS AWAY (10-4) 7-2 prominent, led final furlong, held on, bt Rising Force (10-1) hd (7 ran) (Newmarket 1m hcap (5) £5,154 good to firm).
SILCA BAY (9-10) 11-4 fav midfield, no extra final 110yds, 5th of 9 (btn 5l) to Sea Suite (10-2) (Brighton 1m hcap (4) £10,468 good to firm).
INSPIRED (9-0) 17-2 midfield, headway final furlong, not reach winner, btn 2¼l by Arctic Thunder (9-9) (13 ran) (Haydock 1m hcap (3) £16,200 good).

2.35 VIRGIN BET PRICE BOOSTS HANDICAP (2) winner £23,193; 6f (15 runners)

1 265620 **FERROUS 29 (C,D)**
(10) J Channon 6-9-12 ... **Callum Rodriguez** 95
Runs: 29 Wins: 7 (F,S,5A) Places: 9 £213,857
No show in Stewards' Cup, calmer waters but needs to bounce back

2 104303 **FANDOM 22 (D)**
(14) R Hannon 5-9-10 ..... **Joe Leavy** 93
Runs: 16 Wins: 4 (4G) Places: 3 £258,009
Much better at Ascot last time, that puts right in mix, track a question

3 746304 **ARDISIA 28 (CD)**
(13) H Palmer 3-9-9 ..... **Oisin Murphy** 92
Runs: 18 Wins: 5 (S,F,2GS,G) Places: 3 £342,197
Drops into handicap for first time this season, won here on only visit

4 -56310 **TOYOTOMI 71 (CD)**
(5) D O'Meara 5-9-7 ..... **Daniel Tudhope** 96
Runs: 25 Wins: 5 (3S,GS) Places: 5 £119,561
Won here on soft in June, should get same conditions today, player

5 1-3395 **LAKERS 135 (D)**
(3) K De Foy 4-9-7 ..... **David Egan** 86
Runs: 13 Wins: 3 (F,A,GS) Places: 3 £35,865
Off for a while, mostly seen on AW recently, questions on ground if soft

6 770020 **FAST TRACK HARRY 15 (D)**
(8) C Cox 4-9-7 ..... **Billy Loughnane** 96
Runs: 14 Wins: 4 (S,F,2A) Places: 2 £86,345
Fluffed lines at Ripon latest, previous run gives big hope, interesting

7 0-6090 **FLASH HARRY 8 (CD)**
(2) C Cox 4-9-7 ..... **Rossa Ryan** 89
Runs: 10 Wins: 2 (F,A) Places: 3 £43,515
Won this last year, pound lower today, hinted at better last time, risky

8 0-4458 **PUROSANGUE 29 (D)**
(9) R Cowell 5-9-6 ..... **Kieran Shoemark** 88
Runs: 25 Wins: 2 (S,F) Places: 7 £169,888
Been fancied a few times this year, costly to follow, more needed

9 -30398 **HAVANA HURRICANE 22 (C)**
(7) E J-Houghton 3-9-5. ... **Charles Bishop** 85
Runs: 12 Wins: 2 (F,G) Places: 4 £195,766
Hasn't kicked on as 3YO, sliding down weights, untested on soft

10 107421 **STRIKE RED 44 (D)**
(6) R & P Fahey 8-9-4 ..... **Billy Garritty** ●99
Runs: 59 Wins: 10 (3S,2F,3A,GS,G) Places: 8 £419,696
Rock solid of late, 3lb rise not harsh, capable if bringing A-game again

11 299228 **RAPPER'S DELIGHT 33 (V;BF)**
(15) R Spencer 4-9-2 ..... **George Wood** 96
Runs: 10 Wins: 1 (A) Places: 5 £25,553
Went off jolly for hot handicap at Glorious meeting, form working out

12 0-0514 **JUNGLE DRUMS 31 (BF,D)**
(12) J Osborne 4-9-2 ..... **William Carver** 87
Runs: 16 Wins: 5 (S,F,2A,G) Places: 1 £68,992
Wins have come in weaker AW heats, might be vulnerable to a few

13 -32220 **SUDDEN FLIGHT 20 (D)**
(4) R Hughes 4-9-0 ..... **Finley Marsh** 90
Runs: 14 Wins: 2 (2A) Places: 5 £48,141
Had been ultra consistent until Windsor blip, has to bounce back, e-way

14 -30998 **ZOULU CHIEF 1 (D)**
(11) H Main 5-8-12 ..... **Luke Morris** 83
Runs: 25 Wins: 4 (2F,A,G) Places: 4 £119,850
Lost way, nice mark now but for reason, last at Sandown yesterday

15 071790 **PUREST TIME 20 (D)**
(1) I Williams 6-8-10 ..... **David Probert** 85
Runs: 40 Wins: 4 (F,GS,G) Places: 13 £160,785
12-1 winner at Windsor in May but little else, patchy profile, who knows

BETTING: 11-2 Fandom, Fast Track Harry, 13-2 Flash Harry, 8 Rapper's Delight, 10 Toyotomi, Purosangue, Strike Red, Ferrous, 12 Havana Hurricane, Ardisia, 14 Lakers, 16 Sudden Flight, 20 Jungle Drums, 25 Purest Time, 50 Zoulu Chief
WHERE FAVOURITES FINISHED: 2 2 1 1 1
2025: Flash Harry 3-9-2, R Ryan 13-8 Fav (C Cox), drw 4, 6 ran.

Sunracing FORM

FLASH HARRY (8-13) 33-1 tracked leader, ridden 1f out, headway over 1f out, no extra final 110yds, 9th of 27 (btn 3¾l) to Evening Saigon (9-0) **FANDOM** (9-3) 33-1 never better than mid-division, 24th (btn 11l) **FERROUS** (9-1) 18-1 in touch, ridden 2f out, little impression and weakened 1f out, 25th (btn 15l) (27 ran) (Goodwood 6f hcap (2) £128,850 good to firm).
FANDOM (9-12) 5-1 mid-division, pushed along 1f out and ran on, not trouble front duo, 3rd of 10 (btn ¾l) to Tuco Salamanca (10-0) (Ascot 5f hcap (2) £41,803 good to firm).
ARDISIA (9-1) 16-1 mid-division, ridden 2f out, kept on one pace 1f out, 4th of 9 (btn 2½l) to Simplify (8-10) (Chester 6f Listed (1) £34,026 good).
FAST TRACK HARRY (8-10) 50-1 chased leaders, ridden 1f out, faded final furlong, 11th of 27 (btn 4¾l) to Double Rush (9-0) **FANDOM** (9-4) 50-1 prominent, ridden 1f out, weakened final furlong, 13th (btn 7l)
FLASH HARRY (9-4) 33-1 chased leaders, ridden to challenge 1f out, weakened final furlong, 15th (btn 7¼l) **TOYOTOMI** (9-1) 80-1 held up in rear, headway 1f out, weakened final furlong, 19th (btn 9l) (27 ran) (Ascot 6f hcap (2) £90,195 good to firm).
LAKERS (9-9) 15-2 midfield, ridden 2f out, kept on final furlong, nearest line, 5th of 16 (3l) to Mirabeau (9-5) (Newbury 6f hcap (3) £11,776 good).
FAST TRACK HARRY (8-9) 5-1 in touch, headway 2f out, soon no impression, faded final furlong, 10th of 14 (btn 5½l) to Royal Zabeel (9-7) (Ripon 6f hcap (2) £51,540 good).
FLASH HARRY (9-4) 25-1 raced near side, always in midfield, 11th of 20 (btn 3¾l) to Sondad (9-12) (York 6f hcap (2) £69,579 good to soft).
PUROSANGUE (9-12) 8-1 rear, ridden over 1f out, never involved, 8th of 11 (btn 5½l) to Corolla Point (10-0) (Hamilton 5f hcap (2) £15,462 good).
HAVANA HURRICANE (10-2) 11-1 detached towards rear and never travelling, 8th of 9 (btn 18l) to Red Spells Danger (9-11) (Ascot 6f hcap (2) £41,803 good to firm).
STRIKE RED (9-5) 4-1 midfield, pushed along 2f out, progress 1f out, led post, bt **FERROUS** (10-0) 9-2 prominent, shaken up to lead over 1f out, strongly pressed final 110yds, headed post, ns (7 ran) (Hamilton 6f hcap (2) £19,328 good to firm).
RAPPER'S DELIGHT (8-11) 11-2 fav mid-division, driven 2f out, kept on, not pace to challenge, 6th of 23 (btn 2¼l) to Twilight Calls (8-12) (Goodwood 5f hcap (2) £38,655 good).
JUNGLE DRUMS (10-2) 9-4 fav prominent, pushed along 2f out, stayed on one pace, 4th of 11 (btn 2¼l) to Mission Command (8-13) (Wolverhampton 6f claim (6) £3,564 AW).
SUDDEN FLIGHT (9-1) 17-2 chased leaders, pushed along 2f out, weakened final furlong, 12th of 16 (btn 5¾l) to Trefor (9-4) **PUREST TIME** (8-11) 12-1 rear, pushed along 2f out, eased, 15th (btn 9½l) (Windsor 6f hcap (2) £41,232 good to firm).
ZOULU CHIEF (10-2) 28-1 led, ridden 1f out, headed final furlong, weakened, 9th of 13 (btn 2¾l) to Pilu (9-12) (Newmarket 6f hcap (4) £6,442 good).

EACH-WAY THIEF

INSPIRED (2.00 Goodwood) has been in flying form and went close again at Haydock last time. Have an each-way double with **LIGHT OF DAWN** (3.10 Goodwood) who was a good third in France latest.

3.10 VIRGIN BET PRESTIGE FILLIES' STAKES (GRP 3) (1) 2YO; win £56,710; 7f (10 run)

1 131 **APEROLL 38 (D)**
(9) R Hannon 9-2 ..... **Pat Dobbs** 96
Runs: 3 Wins: 2 (2F) Places: 1 £51,121
Tad fortunate to hold on at Sandown, needs more but capable, player

2 31 **APOLLO'S COMET 73 (D)**
(5) J Harrington (Ire) 9-2 . **Billy Loughnane** 92
Runs: 2 Wins: 1 (G) Places: 1 £16,694
Irish raider, form solid, type to improve with time, market a good guide

3 212 **BAYSIDE VIEW 38 (D)**
(7) M Bell 9-2 ..... **Oisin Murphy** ●99
Runs: 3 Wins: 1 (F) Places: 2 £43,565
Tad unlucky behind Aperoll latest, could well turn tables, more to come

4 **1 COAXED 18 (D)**
(4) J & T Gosden 9-2. ..... **William Buick** 98
Runs: 1 Wins: 1 (A) £7,020
Bred to be good and knew job on debut, form only okay, firmly on up

5 33113 **EABHA 15 (BF,D)**
(6) E J-Houghton 9-2 ..... **Charles Bishop** 84
Runs: 5 Wins: 2 (2F) Places: 1 £15,804
Beaten at 1-2 in quiet handicap latest, chasing black type, e-way best

6 133 **LIGHT OF DAWN 28 (BF)**
(10) K R Burke 9-2 ..... **Clifford Lee** 97
Runs: 3 Wins: 1 (S) Places: 2 £44,124
Too keen in France latest, Ascot form makes big player, bounce back

7 413 **MARTINET 22 (D)**
(1) Sir M Prescott 9-2 ..... **non-runner** 86
Runs: 3 Wins: 1 (F) £15,851
No excuses when held in similar latest, needs more, doesn't go

8 142 **NUIT D'ECLAIR 22 (BF)**
(3) K De Foy 9-2 ..... **David Egan** 95
Runs: 3 Wins: 1 (F) Places: 1 £26,893
Well clear with winner latest, capable of better again, makes shortlist

9 11 **REDLINE 55 (D)**
(2) C Johnston 9-2 ..... **Rossa Ryan** 89
Runs: 2 Wins: 2 (2G) £10,800
Form of Ayr win latest knocked, needs more, stays well, pace pusher

10 41 **SIENA STORM 17**
(8) E Walker 9-2 ..... **Kieran Shoemark** 88
Runs: 2 Wins: 1 (G) £24,693
Job done in quiet race latest, caught eye on debut, going under radar

BETTING: 3 Aperoll, 7-2 Bayside View, 4 Coaxed, 5 Nuit D'eclair, 13-2 Light Of Dawn, 8 Apollo's Comet, 25 Redline
WHERE FAVOURITES FINISHED: 2 1 1 5 2
2025: Precise 9-2, W Lordan 5-2 (A P O'Brien), drawn 8, 7 ran.

3.45 VIRGIN BET EXTRA PLACES SELLING STAKES (3) winner £13,085; 1m3f (8 run)

1 703471 **ECHALAR 15 (H)**
(2) I Williams 4-9-13 ..... **Billy Loughnane** 92
Runs: 18 Wins: 2 (F,A) Places: 1 £16,780
Bounced back to form at Donny, patchy prior to that, market steer

2 6-8321 **GLORYOUS 4**
(3) J Osborne 4-9-8 ..... **William Carson** ●99
Runs: 17 Wins: 3 (A,2G) Places: 5 £37,234
Deserved Kempton win latest, fine at the weights here, big player

3 9-5150 **LORCA'S WALTZ 20 (P★)**
(6) W Haggas 3-9-5 ..... **Cieren Fallon** 94
Runs: 5 Wins: 1 (G) £5,586
Not shown much since Beverley win, cheekpieces on, interesting

4 -98207 **OHARA 22**
(8) E J-Houghton 3-9-5 **Oliver Carmichael (7)** 86
Runs: 11 Wins: 1 (S) Places: 1 £14,848
Very quiet on whole this season, has to find feet again, others better

5 232012 **SUDBURY HILL 17**
(7) H Derham 3-9-5 ..... **Callum Rodriguez** 98
Runs: 12 Wins: 2 (F,A) Places: 2 £20,312
Usually runs his race, track should hold no fears, rain might be a doubt

6 -473162 **UNCHARTEDTERRITORY 1**
(5) D O'Meara 3-9-5 ..... **Daniel Tudhope** 92
Runs: 7 Wins: 1 (GS) £6,531
Trip uncharted territory, best form with give, 2nd y'day at Beverley

7 424140 **DUNKELD DREAMER 9**
(1) K R Burke 3-9-4 ..... **Clifford Lee** 90
Runs: 18 Wins: 5 (S,2F,2G) Places: 4 £52,062
Excuses at York in strong race latest, previous form gives hope, threat

8 **02-56 ITICA 13**
(4) A Balding 3-9-2 ..... **Oisin Murphy** 88
Runs: 4 Places: 1 £1,597
Little to shout about in quiet maidens so far, bit to find with a few

BETTING: 11-4 Sudbury Hill, 3 Gloryous, 13-2 Echalar
WHERE FAVOURITES FINISHED: 4 1 1
2025: Forever Penywern 3-9-2, C Fallon 7-4 Fav (W Haggas), drw 5, 6 ran.

4.20 CITY OF CHICHESTER HANDICAP (GBBPLUS RACE) (3); value to the winner £12,885; 2m. (11 runners)

1 (1) 253-134 **SYNERGISM 37 (P★;D)** Sir M Prescott 4-10-3 ..... non-runner 97
2 (6) 651057**9 BAHADUR 29 (CD)** S Woods 4-10-3 ..... Cieren Fallon 88
3 (4) 111-620 **BLAZEON FIVE 64 (D)** A King 8-10-3 ..... Rossa Ryan 90
4 (7) 35711/1 **SQUIRE DANAGHER 78** E Lavelle 6-10-1 ..... Ray Dawson 98
5 (2) 357111 **SENOR CORTEZ 20 (D)** J Butler 5-10-0 ..... Billy Loughnane ●99
6 (8) 61-5040 **MOON OVER MIAMI 64 (D)** R Beckett 5-10-0 ..... Hector Crouch 86
7 (9) -726316 **MARNIER 22** G & J Moore 4-9-13 ..... Jason Watson 90
8 (5) 22-4321 **PERSONAL BEST 37** J Portman 4-9-8 ..... Rob Hornby 97
9 (3) /421-22 **MAXIDENT 20 (BF)** K De Foy 6-9-8 ..... David Egan 95
10 (10) 20/9676 **PREMIERE LIGNE 20** H Morrison 7-9-3 ..... Oisin Murphy 88
11 (11) /182220 **KNIGHT TEMPLAR 20 (D)** R Stephens 5-9-1 ..... David Probert 91

BETTING: 7-2 Senor Cortez, 4 Squire Danagher, Personal Best, 5 Maxident
WHERE FAVOURITES FINISHED: 1 5 3 3 1
2025: Belgravian 3-9-3 Jason Watson 6-4 Fav (A Balding) drawn 4, 5 ran.

4.55 VIRGIN BET SUPPORTS SAFE GAMBLING HANDICAP (4); value to the winner £8,066; 1m 2f. (11 runners)

1 (10) 3221313 **A MAJOR PAYNE 17 (BF,D)** M Bell 5-10-3 ..... Oisin Murphy 98
2 (1) **24-3655 WAR HAWK 44 (D)** S & E Crisford 4-10-2 ..... Callum Rodriguez 88
3 (8) 5313-50 **THINTHREAD 29** G Baker 4-10-2 ..... Benoit Sayette 93
4 (6) 6-82551 **OBITO 20 (H;D)** D O'Meara 4-10-2 ..... Daniel Tudhope ●99
5 (2) **6-67066 FIRST AMBITION 29** M Keady 5-10-0 ..... Hector Crouch 90
6 (9) 4-1210 **BEARISH 9** E Dunlop 3-9-11 ..... Rossa Ryan 92
7 (11) 7228-50 **ALCARAZ 29 (D)** G Baker 7-9-11 ..... David Egan 85
8 (4) 400-253 **DUE TO HENRY 78 (D)** E J-Houghton 5-9-8 ..... Charles Bishop 97
9 (3) 24-5067 **BRIGID'S WELL 19 (P★)** H Palmer 3-9-6 ..... David Probert 85
10 (5) 2-1285 **SI GRASS 14** C Johnston 3-9-3 ..... Callum Shepherd 98
11 (7) 323-710 **LAVENDER GOLD 36 (CD)** D Menuisier 3-8-13 ..... Jason Watson 90

BETTING: 7-2 Obito, A Major Payne, 9-2 Due To Henry, 6 Bearish, 10 Si Grass
WHERE FAVOURITES FINISHED: 1 5 1 2
2025: Pink Lily 5-8-12 Alec Voikhansky 12-1 (R Hannon) drawn 5, 7 ran.

TEMPLEGATE

1.25 ..... Flight Tracker (nb)
2.00 ..... Real Gain
2.35 ..... Lakers
3.10 ..... NUIT D'ECLAIR (nap)
3.45 ..... Gloryous
4.20 ..... Senor Cortez
4.55 ..... A Major Payne

TEMPLEGATE'S TRIO: Nuit D'eclair (Beverley, double) with Gloryous (G
TOM PEPPER'S DOUBLE: Ferrous and
SUNRATINGS' NAP: BAYSIDE VIEW (3
THE JUDGE: OLIVER SHOW (2.00 Goo

TIC-TAC: A tricky right-handed undulating 5f track. **DRAW:** Low best in sprints, though (2021-2026): 249 have won out of 705 ra meetings, 26 have won out of 67 (38.8%). **JA**

HOT 'N

TRAINERS with best record in last 14 da Harry Charlton 5 from 19; J & T Gosden 6 fro 48; G Boughey 7 from 39; W Haggas 8 from **JOCKEYS with best record in last 14 d** Buick 8 from 29; D Probert 10 from 44; L Loughnane 13 from 68; R Dawson 6 from 32 **TRAINERS who have had the most runn** Main 49; D Menuisier 40; R Hannon 26; G Ba **JOCKEYS who have had the most rides** C Shepherd 25; B Sayette 25; R Hornby 25;

TOP TRAINERS

2021-2026 A Balding 41-290, W Haggas 33-162, R Hannon 31-246, R Beckett 28-178, G & J Moore 23-177, J & T Gosden 21-138, D Menuisier 17-102, C Johnston 16-153, K R Burke 15-92. **THIS SEASON:** R Hannon 9, K R Burke 6, W Haggas 6, D Menuisier 4.

TRAINER

FIRST RACE FOR NEW YARD: No qualifie **RACEFAX:** W Haggas won the 3.45 in 2023 **LONGEST TRAVELLERS: Inspired** (2.00), (3.45) trained by K R Burke, Leyburn, rou **Grass** (4.55) trained by C Johnston, Middl **Nebula** (2.00) & **Strike Red** (2.35), R & P Fa

IN THE

MONEY TALKS: Eabha (3.10) opened 8-11 second at 2-1f; **George Cross** (1.25) opene opened 8-15 won at 2-5f; **Nuit D'eclair** (3.10) **TOP EARNERS:** 2.35 **Strike Red** £419,696 £342,197; 2.35 **Fandom** £258,009; 2.35 **Ferro**

UNDER C

SEVEN-DAY WINNERS: Gloryous (3.45) w **TIME:** None. **VISORED FIRST TIME:** None **WEIGHTWATCHER:** 2.00 **Rhoscolyn** (wo **Henry** (won off 84 down 7lb to 77). **JOB JOCKEY:** C Rodriguez rides **George** 74, 28%. O Murphy rides **Ardisia** (2.35) for rides **War Hawk** (4.55) for S & E Crisford, **View** (3.10), **A Major Payne** (4.55) for M B **Senor Cortez** (4.20) for J Butler, 6 from 29,

NUIT D'ECLAIR looks a tasty bet in the Group 3 Prestige Stakes (3.10 Goodwood, nap).

She scored nicely in good company at Newbury on debut in July before acquitting herself well in a couple of races at this level.

She was less than a length away over 6f at Ascot and it was a similar story at Newmarket last time. That was her first crack at this distance and she seemed to enjoy it. There's improvement to come.

BAY OF MYTHS (1.40 Bever-

★ TEMPLEGATE NAP
NUIT D'ECLAIR
3.10 Goodwood
Good third in this grade at HQ last time and looks the one to beat.

★ TEMPLE
BAY OF
1.40 Beverley
Has shown promi on both starts a goes into handica from a fair mark

PROBETS
EYECATCHER: MISTER WHIPPY (1.25 Goodwood) was a much improved second at Newbury last time and won't be far away.
SUPER SPEED: METHGAL (4.00

S, FORM AND TIPS SEVEN DAYS A WEEK!

NG: SOFT

TOM PEPPER

1.25........................**Mister Whippy**
2.00...........................**Oliver Show**
2.35......................**FERROUS (nap)**
3.10............................**Aperoll (nb)**
3.45..........................**Sudbury Hill**
4.20.......................**Personal Best**
4.55..**Obito**

r (Goodwood) and Bay Of Myths oodwood).
l Aperoll (both Goodwood).
3.10 Goodwood).
dwood).

switchback track with two bends. Straight h a fast start is important. **FAVOURITES:** ces (35.3%). At previous corresponding **ACKPOT:** 1-6. **LIVE ON RACING TV**

N NOT

ys: Sir M Prescott 6 wins from 18 runners; om 23; C Cox 5 from 24; K R Burke 10 from 47; A Balding 11 from 66.
ays: David Egan 9 wins from 31 rides; W Morris 9 from 45; H Crouch 8 from 41; B ; Rossa Ryan 7 from 39.
ers since last win: Michael Keady 50; H aker 23; R Stephens 17; J Channon 13.
since last win: W Carver 33; C Bishop 26; O Carmichael 14; H Crouch 12; J Leavy 10.

TOP JOCKEYS

2021-2026 O Murphy 34-201, W Buick 30-195, K Shoemark 18-134, H Crouch 18-143, Rossa Ryan 18-151, D Probert 18-171, C Fallon 14-63, P Dobbs 12-88, Jason Watson 12-101, B Loughnane 11-76. **THIS SEASON:** C Fallon 7, B Loughnane 4, R Hornby 4, P Dobbs 3.

R TRACE

rs.
3 & 2025.
Light Of Dawn (3.10), **Dunkeld Dreamer** nd trip of 596 miles; **Redline** (3.10) & **Si** leham, round trip of 582 miles; **Rainbow** hey, Malton, round trip 536 miles.

MONEY

third at 1-2f; **Maxident** (4.20) opened 3-1 ed 15-2 second at 9-2; **Siena Storm** (3.10) opened 15-8 second at 6-4f.
6; 2.00 **Rhoscolyn** £387,479; 2.35 **Ardisia** **ous** £213,857.

ORDERS

on Kempton (1m 4f). **BLINKERED FIRST** . **FIRST RUN SINCE WIND OP:** None.
on off 97 down 13lb to 84); 4.55 **Due To**

e Cross (1.25) for Owen Burrows, 21 from H Palmer, 66 from 265, 25%. C Rodriguez 4 from 16, 25%. O Murphy rides **Bayside** ell, 25 from 120, 21%. B Loughnane rides 21%.

LEGATE

TIPSTER STEVE MULLEN

It's a piece of cake for Eclair

ley, nb) won nicely on debut at Chelmsford before another decent effort at Redcar last time. He looks overpriced on this handicap debut.

GLORYOUS (3.45 Goodwood, treble) has plenty of good turf form and battled to score on the sand at Kempton last time. She rallied once headed and is favoured at the weights in this rare seller.

GATE NB
MYTHS

se
d
ps
.

★ TEMPLEGATE TREBLE
GLORYOUS
3.45 Goodwood
Rallied when headed to win at Kempton and will be right there.

Yarmouth) clocked a fast time when winning at Windsor latest and should be in the mix again.
GAMBLED ON: MAXIDENT (4.20 Goodwood) came in for strong support at Kempton last time before settling for second and should be in the mix.

YARMOUTH

GOING: GOOD

2.20 BRITISH STALLION RESTRICTED NOVICE STAKES (Class 4); 2-y-o; winner £5,940; 7f. (11 runners)

1 (8) **CAPITANO JOSEPI** K Frost 9-7 .... **Jack Mitchell —**
2 (3) 6 **DEL PEARO 16** J Ryan 9-7........ **Christian Howarth (3) 80**
3 (6) **EXTRAGALACTIC** W Haggas 9-7........ **Harry Davies —**
4 (10) 9 **PRESSURED 16** E Dunlop 9-7........ **Jack Callan 70**
5 (5) 8 **STRONG PERFORMANCE 28** W Knight 9-4........ **Marco Ghiani 75**
6 (11) 234 **TOP COTE 104** J Morland 9-4........ **Jonny Peate ●99**
7 (4) 3 **HIDDEN BEYOND 20** C Hills 9-2........ **Daniel Muscutt 92**
8 (7) 8 **PERFECT LOVE 40** M Appleby 9-2........ **Mason Paetel (3) 76**
9 (1) 95 **MYSTIC UNICORN 12** M Keady 8-13........ **Taryn Langley (5) 79**
10 (2) 5322 **ROCSANE 27 (BF)** G Margarson 8-13........ **Silvestre De Sousa 97**
11 (9) 75 **THEFT 13** G Scott 8-13........ **Darragh Keenan 84**

BETTING: 5-2 Rocsane, 11-4 Top Cote, 3 Extragalactic, 5 Hidden Beyond
WHERE FAVOURITES FINISHED: 1 5 1 0 3
2025: Colori Forever 9-5 Benoit Sayette 7-1 (M Botti) drawn 3, 10 ran.

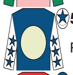
2.55 BODHI SOLUTIONS HANDICAP (3) value to the winner £9,483; 5f (9 runners)

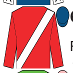
1 6-7800 **ADRESTIA 33 (P★;CD)**
(8) S & E Crisford 4-10-0 **Silvestre De Sousa 91**
Runs: 16 Wins: 3 (2F,G) Places: 4 £109,855
Best effort came over C&D and cheekpieces could rekindle her spark

2 457155 **ROCKING ENDS 14 (V;CD)**
(3) T Clover 6-9-11 .... **Daniel Muscutt 95**
Runs: 45 Wins: 9 (6F,2A,G) Places: 7 £108,359
Goes well here and has plenty of zip, fair draw, wouldn't want any rain

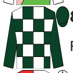
3 5-5100 **DAZZLING HAZE 31 (D)**
(2) R Cowell 3-9-9 .... **Edward Greatrex 88**
Runs: 11 Wins: 3 (3G) Places: 2 £26,979
Two poor runs since Thirsk win, still 4lb higher, needs a step forward

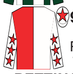
4 641700 **SEVEN QUESTIONS 33 (CD)**
(1) R Cowell 5-9-8 .... **Jack Mitchell 89**
Runs: 32 Wins: 5 (S,F,3G) Places: 5 £158,019
Cheekpieces back on a plus, trip and track suit, 1lb below last win


5 567184 **MICHAELA'S BOY 19 (CD)**
(6) R Cowell 6-9-8 .... **Marco Ghiani 93**
Runs: 47 Wins: 7 (F,5A,G) Places: 8 £106,017
Fair form over this trip, track fine, but been poor past two outings


6 -26984 **KINSWOMAN 15 (D)**
(4) W Haggas 4-9-8.......... **Harry Davies 97**
Runs: 14 Wins: 3 (2F,G) Places: 6 £48,997
Slipped to very handy mark, likes this , should be winning this

7 41-722 **HYPNOTISED 15 (D)**
(7) H Charlton 3-9-3 .... **Paddy Bradley ●99**
Runs: 6 Wins: 1 (A) Places: 2 £23,277
Been knocking on the door, yard in form & trip fine, had Saturday entry


8 314-84 **ELARA MAY 9 (CD)**
(5) P McBride 3-9-3...... **Ashley Lewis (3) 85**
Runs: 11 Wins: 4 (2F,A,G) Places: 2 £26,624
Better than rusty comeback latest, trip and track suit, needs more


9 51-382 **FANTASY MASTER 8 (D)**
(9) R Cowell 8-8-8 .... **Kieran O'Neill 93**
Runs: 56 Wins: 8 (2S,F,2A,3G) Places: 13 £124,321
Went close at HQ last time, trip fine, any ground, 3lb above last win

BETTING: 9-4 Hypnotised, 9-2 Kinswoman, 5 Rocking Ends, 6 Fantasy Master, 8 Michaela's Boy, Adrestia, 14 Seven Questions
WHERE FAVOURITES FINISHED: 3-5
2025: Rocking Ends 5-10-0, D Muscutt 3-1 (Tom Clover), drw 1, 6 ran.

Sunracing FORM

ADRESTIA (9-2) 9-1 rear, pushed along 1f out, no clear run, 17th of 23 (btn 4½l) to Twilight Calls (8-12) **SEVEN QUESTIONS** (8-10) 18-1 rear, always behind, 21st (btn 13l) (Goodwood 5f hcap (2) £38,655 good).
ROCKING ENDS (9-6) 7-1 rear, effort 1f out, no impression, 5th of 8 (btn 4¾l) to Fluorescence (9-7) (Pontefract 5f hcap (2) £16,493 good to firm).
DAZZLING HAZE (9-5) 33-1 led, ridden 1f out, no extra, 12th of 18 (btn 6¾l) to Naana's Shadow (9-8) (Goodwood 5f hcap (3) £25,770 good to firm).
MICHAELA'S BOY (10-0) 15-2 in touch, ridden 2f out, no danger, 4th of 7 (btn 3l) to Moulin Booj (9-8) (Nottingham 5f hcap (4) £5,154 good to firm).
HYPNOTISED (9-1) 15-2 midfield, shaken up 1f out, held by winner, btn nk by Rhythm N Hooves (9-2) **KINSWOMAN** (9-12) 4-1 handy, kept on, 4th (btn 2¾l) (12 ran) (Newbury 5f hcap (3) £15,702 good to firm).
ELARA MAY (9-11) 22-1 held up, ridden 2f out, kept on, 4th of 8 (btn 2¼l) to Angel Shared (9-6) (Newmarket 6f hcap (4) £6,442 good to firm).
FANTASY MASTER (9-4) 13-2 midfield, ridden to lead 1f out, headed finish, hd by Maelstrom (9-9) (7 ran) (Newmarket 5f hcap (4) £6,442 good).

3.25 BODHI SOLUTIONS HANDICAP (5) value to the winner £4,397; 1m 2f (9 runners)

1 -12273 **ROSE COTTON 47**
(5) T Clover 4-9-9........... **Jack Mitchell ●99**
Runs: 8 Wins: 1 (A) Places: 3 £10,028
Consistent on AW, turf record not so hot, best form has come at 1m4f

2 224363 **PATROL 9 (V★)**
(1) D Cunha 4-9-9 .... **Jack Callan 91**
Runs: 29 Wins: 3 (3A) Places: 7 £36,971
Better run at HQ last time, visor goes on, drop in trip a concern

3 775786 **TRIPLE DOUBLE A 22 (C,D)**
(2) H Palmer 4-9-9........ **Luke Catton (3) 90**
Runs: 17 Wins: 4 (3F,A) Places: 1 £29,391
Been struggling for a while, trip and track fine, slow fall down weights

4 -16653 **TWILIGHT MOON 31**
(7) M Tregoning 4-9-8.... **Ashley Lewis (3) 94**
Runs: 21 Wins: 4 (2F,2A) Places: 5 £29,458
Running well over 1m4f, dropped to last winning mark, trip worries

5 531754 **MOONJID 15 (CD)**
(9) M Appleby 4-9-8 ..... **Mason Paetel (3) 94**
Runs: 19 Wins: 2 (F,G) Places: 2 £21,815
Just 2lb higher than last win, trip and ground ideal, canny connections

6 104-97 **SOMETHING SPLENDID 88 (D)**
(3) P Chapple-Hyam 4-9-7... **Marco Ghiani 91**
Runs: 15 Wins: 2 (2GS) Places: 4 £26,958
Shown little both runs this season, rain would help, others preferred

7 143216 **SOLANNA 18 (BF,CD)**
(6) J Butler 7-9-5 .... **Daniel Muscutt 97**
Runs: 53 Wins: 10 (7A,3G) Places: 14 £62,638
Game win last run over this trip, track suits, still on a fair hcap mark

8 22245- **ARUNDEL 351 (D)**
(4) E Dunlop 4-9-0....... **Edward Greatrex 96**
Runs: 10 Wins: 1 (F) Places: 4 £13,769
Running well without winning, trip fine, entitled to need this return

9 057427 **MAN OF DESERT 18**
(8) C Dwyer 5-9-0...... **Silvestre De Sousa 89**
Runs: 13 Places: 2 £4,676
Still waiting for first win, best efforts around a mile, plenty to find

BETTING: 4 Solanna, 5 Arundel, 11-2 Rose Cotton, 6 Moonjid
WHERE FAVES FINISHED & 2025: No corresponding race.

TEMPLEGATE

2.20..........**Hidden Beyond**
2.55...............**Kinswoman**
3.25.............................**Patrol**
4.00.........................**Methgal**
4.35............**Oh So Perfect**
5.10...............**Ecclefechan**

TOM PEPPER

2.20......................**Rocsane**
2.55................**Kinswoman**
3.25.......................**Moonjid**
4.00................**Court Drive**
4.35.......................**Campani**
5.10............................**Piazza**

■TIC-TAC: Left-handed oval, flat, galloping track of 1m 4f, straight mile course. ■DRAW: High numbers best on the straight course, especially in large fields. ■LEADING TRAINERS (2021-2026): W Haggas 35-132, P McBride 17-93, E Dunlop 16-139, C Dwyer 15-107. THIS SEASON: James Owen 6, W Haggas 5, D Cunha 5. ■TOP JOCKEYS (2021-2026): J Mitchell 26-176, M Ghiani 26-168, S De Sousa 24-154, D Muscutt 20-171. THIS SEASON: M Ghiani 11, S De Sousa 8, J Mitchell 6. ■LONGEST TRAVELLER: Triple Double A (3.25) trained at Malpas. Round trip of 514 miles. ■FIRST RUN SINCE WIND OP: Captain Corelli (5.10). ■LIVE ON SKY SPORTS RACING

Sunracing FORM

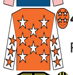
ROSE COTTON (10-2) 7-2 midfield, pushed along 2f out, headed final furlong, kept on close home, 3rd of 9 (4¼l) to Lady Magu (9-5) (W'hampton 1½m hcap (5) £3,978 AW).
PATROL (9-10) 13-2 midfield, ridden 3f out, every chance final furlong, 3rd of 4 (1¾l) to Zurna (9-4) (Newmarket 1½m hcap (4) £6,442 good to firm).
TRIPLE DOUBLE A (8-6) 28-1 in touch with leaders, ridden 2f out, lost position over 1f out, soon faded, 6th of 13 (btn 8l) to Arctic Thunder (9-9) (Haydock 1m hcap (3) £16,200 good).
TWILIGHT MOON (9-9) 10-1 midfield, ridden 2f out, headway and pressed leader 1f out, weakened, 3rd of 5 (btn 3¾l) to Dream Harder (9-7) (Epsom 1½m hcap (5) £4,449 good to firm).
MOONJID (9-0) 14-1 midfield, ridden 2f out, kept on same pace and lost third towards finish, 4th of 7 (btn 2l) to Echalar (9-4) (Doncaster 1¼m app hcap (5) £4,397 good to firm).
SOMETHING SPLENDID (9-8) 18-5 rear, headway 1f out, weakened quickly final furlong, 7th of 10 (btn 7¼l) to A Major Payne (9-9) (Nottingham 1¼m hcap (5) £4,711 good).
SOLANNA (10-2) 2-1 fav held up, headway 1f out, never dangerous, 6th of 10 (btn 8½l) to Crooked Path (9-11) (Kempton 1½m hcap (5) £4,187 AW).
ARUNDEL (9-4) 10-3 last pair, ridden and stayed on final furlong, never going pace to get involved, 5th of 6 (btn 2¾l) to The Bay Warrior (9-10) (Lingfield 1½m hcap (5) £4,711 AW).
MAN OF DESERT (9-3) 33-1 mid-division, ridden 2f out, no threat, 7th of 9 (6l) to Rogue Allegiance (9-13) (Kempton 1m hcap (4) £6,281 AW).

4.00 BODHI SOLUTIONSHANDICAP (6) value to the winner £3,768; 6f (11 runners)

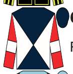
1 356374 **NOBLE GUEST 33 (C)**
(10) G Margarson 4-9-12 .. **Mason Paetel (3) 96**
Runs: 21 Wins: 2 (GS,G) Places: 2 £17,743
Solid form here over 7f, come down weights, may lack pace for trip

2 369589 **SAM'S XPRESS 25 (D)**
(2) J & S Birkett 6-9-12 .... **Dylan Hogan 90**
Runs: 44 Wins: 7 (7A) Places: 4 £39,817
Struggling this season, been poor over 5f, lot to find upped in trip

3 231621 **VON KROLOCK 12 (B;D)**
(3) J Owen 7-9-11 ... **Christian Howarth (3) ●99**
Runs: 49 Wins: 5 (5A) Places: 9 £39,401
Lots in hand over this trip on AW latest, uip 7lb for that, on premises

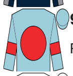

4 904721 **METHGAL 17 (B;D)**
(7) D Cunha 4-9-10 ...... **Kyle McHugh (7) 97**
Runs: 20 Wins: 2 (F,A) Places: 4 £17,664
Game Windsor win latest, best on fast ground, trip fine, every chance

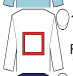
5 222275 **INSUSPENSE 86**
(6) R Burdon 4-9-10........ **Paddy Bradley 92**
Runs: 15 Places: 8 £13,938
Long run of places on AW, back from break here, must raise her game


6 661346 **COURT DRIVE 24 (B;CD)**
(9) G Kelleway 5-9-10 .... **Jack Mitchell 89**
Runs: 34 Wins: 4 (S,F,2A) Places: 7 £30,656
Down to 1lb above last win, trip and track fine, each-way contender

7 347-49 **DANGER ALERT 99 (E★;D)**
(1) A Kirby 6-9-9............ **Pat Cosgrave 91**
Runs: 42 Wins: 3 (S,2A) Places: 9 £57,686
First run for A Kirby, likes this trip, different headgear, watch betting

8 6654 **DEADLINE 17**
(11) W Greatrex 3-9-8..... **Edward Greatrex 94**
Runs: 4 £516
Improved on hcap debut latest, trip should suit, could nick a place


9 288395 **WOOLRIDGE 12**
(4) S Dixon 4-9-7 .... **Kieran O'Neill 85**
Runs: 13 Places: 4 £8,698
Best recent efforts over this trip on AW, poor on turf, hard to fancy


10 -05672 **MY MATE KEV 12 (BF,D)**
(5) C Dwyer 4-9-6...... **Silvestre De Sousa 98**
Runs: 16 Wins: 2 (A,G) Places: 2 £13,202
Went close on AW latest, off same mark here, trip suits, contender

11 23-455 **KYOTO 81**
(8) M Murphy 4-9-4....... **Daniel Muscutt 93**
Runs: 5 Places: 1 £3,819
Has looked a tricky ride, modest effort here last time, plenty to find

BETTING: 11-4 Von Krolock, 3 Methgal, 5 My Mate Kev
WHERE FAVOURITES FINISHED: 4 4 3 2 2
2025: Bill Plumb 6-9-9, D Muscutt 9-1 (P McEntee), drw 2, 5 ran.

4.35 BODHI SOLUTIONS CHALLENGE HANDICAP (6); value to the winner £3,768; 7f. (14 runners)

1 (8) 2423871 **GIANT 7 (D)** I Williams 6-10-0(5ex)........ **Harry Davies ●99**
2 (13) 79-0254 **CUBAN GIRL 28** B Toomey 4-9-9........ **Jack Callan 92**
3 (11) 7597-20 **GEMINI STAR 10** J & S Birkett 6-9-8........ **Dylan Hogan 90**
4 (14) 77-1313 **CAMPANI 38 (BF,C,D)** D Simcock 4-9-8........ **Daniel Muscutt 97**
5 (5) 388-776 **PICKERING CASTLE 48** D Simcock 4-9-5........ **Joey Haynes 85**
6 (6) 045-534 **POTTERS PRINCE 141** M Crawley 4-9-5........ **Darragh Keenan 95**
7 (12) 0071868 **COURT OF SESSION 12 (V;D)** P McEntee 7-9-5........ **Connor Planas 89**
8 (4) 6-31128 **DESERT CHARM 21 (BF,C)** M Murphy 4-9-4........ **Kieran O'Neill 94**
9 (9) -331124 **OH SO PERFECT 31 (BF,D)** M Appleby 3-9-2........ **Mason Paetel (3) 96**
10 (2) 5042-59 **YOKO 31** D Loughnane 3-9-2........ **Silvestre De Sousa 82**
11 (3) 8-6028 **CAPTIVE BEAUTY 17** R Burdon 3-9-1........ **Josephine Gordon 92**
12 (7) 975-059 **WITHOUTFURTHERADO 10** Charalambous/Clutterbuck 4-9-1. **Liam Wright (3) 81**
13 (10) 9975415 **CAITLIN G 13 (CD)** M Fenton 3-8-9........ **Grace McEntee 87**
14 (1) 0-09630 **ROKUNI 4 (V)** C Wallis 4-8-9........ **Ashley Lewis (3) 86**

BETTING: 13-8 Campani, 10-3 Giant, 7 Oh So Perfect, 8 Potters Prince, 12 Desert Charm, Cuban Girl, 14 Gemini Star, 33 Captive Beauty, Court Of Session, Rokuni
WHERE FAVOURITES FINISHED: 1 1 1 1 1
2025: Clasina 4-9-6 Gina Mangan 9-4 Fav (J Berry) drawn 9, 9 ran.

5.10 GOLD & SILVER EXCHANGE APPRENTICE HANDICAP (6); value to the winner £3,768; 1m. (8 runners)

1 (6) 4-70634 **SYMPHONY OF JOY 27** K Frost 4-10-2........ **Seamus Cronin 93**
2 (7) 34-5721 **PIAZZA 11** O Sangster 3-10-2........ **Jack Callan ●99**
3 (8) 4986531 **ECCLEFECHAN 6 (D)** J Ryan 3-10-0(6ex)........ **Christian Howarth 97**
4 (5) 965900- **CAPTAIN CORELLI 283 (D)** J Camacho 9-9-9........ **Harry Burns 85**
5 (3) 4239325 **CRIMSON RAMBLER 30 (B;D)** M Crawley 3-9-9........ **Liam Wright 95**
6 (1) 90-7335 **BIG ALEX WALMSLEY 10** I G-Leveque 4-9-8........ **Ashley Lewis 89**
7 (2) 967-535 **MERITOCRATIC 70 (P★)** J Owen 3-9-5........ **Mason Paetel 91**
8 (4) -226296 **AMARACHI 17 (C)** J Parr 4-9-4........ **Connor Planas 92**

BETTING: 7-4 Piazza, 5-2 Ecclefechan, 5 Crimson Rambler, 7 Symphony Of Joy
WHERE FAVOURITES FINISHED & 2025: No corresponding race.

CORK ON ITV

EAMONN HAMES: 1.50 Williamsburg, 2.25 DAWN FLAME (nap), 3.00 Res Ipsa, 3.30 Dancing Saxon, 4.05 Likedbymike, 4.40 Noble Irish, 5.15 Lauderdale King (nb)

■TIC-TAC: Right-handed galloping track of 1m 2f. ■LEADING TRAINERS WITH RUNNERS (2021-2026): P Twomey 25-77, J P O'Brien 20-184, G M Lyons 18-100, A P O'Brien 15-104. THIS SEASON: J P O'Brien 6, J P Murtagh 5, D Marnane 3. ■TOP JOCKEYS WITH RIDES (2021-2026): W J Lee 39-201, C T Keane 33-214, R P Whelan 21-148, S Foley 16-175. THIS SEASON: C T Keane 6, R P Whelan 4, B M Coen 3. ■LONGEST TRAVELLER: Gleneagle Bay (3.00) trained at Dublin. Round trip of 310 miles. ■JACKPOT: Races 3-6. PLACEPOT: Races 1-6. ■TRAINERFAX: J P O'Brien won the 3.30 in 2019, 2022, 2024 and 2025. ■LIVE ON RACING TV

GOING: GOOD TO YIELDING

1.50 IRISH EBF AUCTION SERIES MAIDEN; 2-y-o; value to the winner €15,000; 1m. (15 runners)

1 (2) **DANG THAI SON** D O'Brien 9-7........ **Gavin Ryan —**
2 (3) 555033 **EIGHTEENTH SMILES 12** J O'Brien 9-7........ **Declan McDonogh 95**
3 (8) 7 **RYANO BHINO 24** H Bromhead 9-7........ **Billy Lee 78**
4 (13) 74 **WILLIAMSBURG 14** D Marnane 9-7........ **Luke McAteer ●99**
5 (12) **GOLDEN OMEN** N Meade 9-5........ **Adam Caffrey —**
6 (1) 00 **JISIR 7** D Hogan 9-5........ **Seamie Heffernan 70**
7 (7) 52 **MIRREN 18** D Marnane 9-5........ **Luke McAteer 97**
8 (5) 50 **PECKEDBYTHEPARROTT 61 (B★)** W Durkan 9-5... **Chris Hayes 81**
9 (14) 4 **ROY BEAN 29** N Meade 9-5........ **Colin Keane 84**
10 (9) 4 **DIAMONDS AND DAMES 36** J Harrington 9-4........ **Shane Foley 89**
11 (6) 67 **MISS CORNELIA 28** J Murphy 9-2........ **Gary Carroll 80**
12 (4) **TOGETHERWEAREFREE** J O'Brien 9-2........ **Joseph Sheridan —**
13 (15) 0 **FEEL THE STING 18** A Oliver 8-13........ **Ben Coen 70**
14 (11) 5 **IPPY 59** J O'Donoghue 8-10........ **Nathan Crosse 85**
15 (10) 057 **LUSTED 7** J Halley 8-8........ **Andy Slattery 72**

BETTING: 4 Williamsburg, 11-2 Togetherwearefree, Eighteenth Smiles
WHERE FAVOURITES FINISHED: 2 1 3
2025: Redemption Road 9-3 Luke McAteer 25-1 (D Marnane) drawn 1, 13 ran.

2.25 BOOK TICKETS ONLINE APPRENTICE HANDICAP (0-60); 3-y-o; winner €6,000; 1m. (16 runners)

1 (5) 050 **AITEALL 10 (T★)** J O'Brien 10-2........ **Julian Pietropaolo (4) 88**
2 (3) 4108493 **GLAMAZON 16** J Harrington 10-2........ **Darragh O'Sullivan (7) 92**
3 (13) 0083534 **DAWN FLAME 16 (D)** P Flynn 10-1........ **Reese Holohan (4) 98**
4 (2) 087-074 **OPPENHEIMER 23 (BF)** K Coleman 10-1........ **Conor Cusack (7) 93**
5 (6) 24-8066 **SUNRISE ANGEL 23** A Slattery 9-11........ **Jimmy Dalton (7) 90**
6 (15) 930080 **TENACIOUS 15** J Harrington 9-9........ **Keithen Kennedy 82**
7 (4) 4053914 **BEAU ARMY 15 (V)** A McGuinness 9-8........ **Sam Coen 97**
8 (12) 0050047 **OCHTAR AGAINN 23** M Byrne 9-8........ **Paddy Harnett 88**
9 (11) 608-500 **SCEITIMINI 16 (P★)** R Sweeney 9-8........ **Shay Wallace (7) 82**
10 (7) 080-090 **MISS IVOR 23** P O'Rourke 9-7........ **Orla Tynan (7) 84**
11 (10) 5300842 **SAYONARA 23** A Slattery 9-7........ **Adam Browne-Souza (7) ●99**
12 (16) 00-3063 **ARIZONA STAR 53** M Mulvany 9-6........ **Terry Casey (7) 92**
13 (14) 4065215 **CAUSE I LIKE YOU 15 (D)** M Mulvany 9-5........ **Wesley Joyce 97**
14 (9) 0009 **THUMAMA SANDS 36** A McGuinness 9-5........ **Jack Kearney 80**
15 (1) 78698 **DUE IN JUNE 59 (T★)** I Donoghue 9-4........ **Sadhbh Tormey (7) 81**
16 (8) -990053 **GARRYOWEN GREEN 23** A McNamara 8-10........ **Jack Cleary 92**

BETTING: 7-2 Sayonara, 5 Beau Army, Glamazon, Dawn Flame, 7 Garryowen Green
WHERE FAVOURITES FINISHED & 2025: No corresponding race.

3.00 GLENVALE STUD RACE; value to the winner €10,800; 7f. (9 runners)

1 (5) 004-731 **BENEVENTO 23 (D)** R Aguiar 4-10-0........ **Billy Lee 98**
2 (2) 111-0 **FELIX GUIDO 125 (T★)** J O'Brien 3-9-11........ **Shay Wallace (7) 88**
3 (3) /60-063 **BOLD STYLE 48** A Slattery 5-9-10........ **Andy Slattery 90**
4 (8) -045166 **GLENEAGLE BAY 28 (CD)** S Thorne 6-9-10........ **Jack Kearney (3) 91**
5 (4) 006600/ **INVENTOR 847** G Scott 9-9-10........ **Adam Lynch (10) —**
6 (6) 2-271 **BAMAKO BEACH 53 (D)** M O'Callaghan 3-9-9 **Seamie Heffernan 96**
7 (9) 6-212 **RES IPSA 48 (BF)** G Lyons 3-9-9........ **Colin Keane ●99**
8 (7) 1- **ROARING FIRE 346 (B★)** M O'Callaghan 3-9-9........ **Jamie Powell 93**
9 (1) 607-015 **BELLA ISABELLA 52 (CD)** D Weld 4-9-5........ **Chris Hayes 92**

BETTING: 11-4 Bamako Beach, 7-2 Benevento, 4 Res Ipsa, 5 Roaring Fire, 13-2 Bella Isabella, 14 Bold Style, Gleneagle Bay, 20 Felix Guido, 150 Inventor
WHERE FAVOURITES FINISHED: 3-4 3 3 3 1
2025: Mississippi River 3-9-11 W Lordan 6-4 Fav (A P O'Brien) drawn 2, 5 ran.

3.30 COOLMORE STUD LITTLE BIG BEAR STAKES (FILLIES' & MARES' GRP 3); winner €42,000; 7f. (14 runners)

1 (10) 123-410 **CATALINA DELCARPIO 74** P Twomey 4-9-7........ **Billy Lee 98**
2 (1) 2262945 **GREYDREAMBELIEVER 23 (V★)** J O'Brien 4-9-7.. **Scott McCullagh 86**
3 (14) 4-72500 **PRINCESS CHILD 16 (D)** J O'Brien 5-9-7........ **Joseph Sheridan 85**
4 (2) 273036- **STUGARDIA 329 (D)** J O'Brien 4-9-7........ **Nathan Crosse 89**
5 (11) 34-5817 **WANNABE ROYAL 80 (D)** H Bromhead 4-9-7........ **Ronan Whelan 91**
6 (9) 321 **CROMAC QUAY 80 (D)** J Harrington 3-9-2........ **Shane Foley 93**
7 (13) 6-11213 **DANCING SAXON 7 (D)** J O'Brien 3-9-2........ **Declan McDonogh 96**
8 (7) 3231-75 **JOSH'S JOY 105 (T★)** D O'Brien 3-9-2........ **Chris Hayes 90**
9 (8) 8252-20 **MAGNY COURS 98** D McLoughlin 3-9-2........ **Ben Coen ●99**
10 (12) 2-38418 **PIVOTAL ATTACK 1 (D)** J Murphy 3-9-2........ **Seamie Heffernan 97**
11 (3) 01-301 **PREVALENCE 65 (P★;D)** G Lyons 3-9-2........ **Colin Keane 88**
12 (6) 1-41852 **SPINNING AROUND 16 (D)** D O'Brien 3-9-2........ **Gavin Ryan 86**
13 (4) 27-0411 **SUZIE SONGS 16 (CD)** G Lyons 3-9-2........ **Gary Carroll 95**
14 (5) 8-107 **WILD BESSIE 46 (CD)** H Bromhead 3-9-2........ **Wayne Lordan 82**

BETTING: 9-2 Magny Cours, 5 Catalina Delcarpio, 11-2 Pivotal Attack, 13-2 Suzie Songs, 7 Dancing Saxon, 10 Wannabe Royal, Cromac Quay
WHERE FAVOURITES FINISHED: 8 1 5 3 3
2025: Princess Child 4-9-7 Dylan McMonagle 3-1 (J P O'Brien) drawn 8, 10 ran.

4.05 IRISH STALLION FARMS EBF ABERGWAUN STAKES (LISTED); winner €30,000; 5f. (10 runners)

1 (3) -001936 **KENDALL ROY 22 (CD)** K McGivern 5-9-10........ **Chris Hayes 97**
2 (6) 0338258 **EROSANDPSYCHE 11 (CD)** D Murphy 8-9-7........ **Gary Carroll 90**
3 (4) 2-64050 **BRUSSELS 30** A P O'Brien 3-9-5........ **Wayne Lordan 98**
4 (8) 10-7022 **GAZELLE D'OR 86 (D)** M Grassick 4-9-2........ **Billy Lee ●99**
5 (7) 2429301 **LIKEDBYMIKE 27 (CD)** M Byrne 4-9-2........ **Colin Keane 93**
6 (2) 0112656 **SARAHMAE 21 (CD)** D Hogan 4-9-2........ **Joseph Sheridan 88**
7 (1) 47-1075 **CARDIFF BY THE SEA 57 (CD)** J Stack 3-9-0. **Seamie Heffernan 87**
8 (10) 7178286 **FOCACCIA 7 (D)** J Stack 3-9-0........ **Gavin Ryan 86**
9 (9) -801441 **ROSIE FRITH 21 (CD)** P Magee 3-9-0........ **Shane Foley 94**
10 (5) 40-2120 **XERLING 39 (CD)** N Lupini 3-9-0........ **Ben Coen 86**

BETTING: 5-2 Brussels, 10-3 Gazelle D'or, 9-2 Kendall Roy, 13-2 Rosie Frith, 10 Likedbymike, 12 Sarahmae, 14 Erosandpsyche, 20 Xerling
WHERE FAVOURITES FINISHED: 3 2 1 1 4
2025: Grande Marques 3-9-0 Seamie Heffernan 8-1 (J A Stack) drawn 14, 13 ran.

4.40 CORK MAIDEN; value to the winner €7,200; 6f. (17 runners)

1 (7) 8 **CARRY THE DREAM 49** W Browne 3-9-8........ **Gary Carroll 70**
2 (12) 0 **HURLEYS HILL 15** P Flynn 3-9-8........ **Alan Persse (5) 70**
3 (2) **INFORM** G Lyons 3-9-8........ **Colin Keane —**
4 (5) 2038 **KEOGIE 106** N Meade 3-9-8........ **Adam Caffrey 87**
5 (1) **NOBLE IRISH** A P O'Brien 3-9-8........ **Wayne Lordan —**
6 (11) 0-76 **OPTICS 15** M McDowall 3-9-8........ **Nathan Crosse 74**
7 (3) **SPIDER STAR** D Kelly 3-9-8........ **Andrew Slattery —**
8 (16) 07 **SPINOLA BEAR 33** K Cotter 3-9-8........ **Ronan Whelan 75**
9 (13) **FAITHFUL ARDAD** K Cotter 3-9-3........ **Declan McDonogh —**
10 (17) 464 **FEEL HAPPY 37 (T★)** D O'Brien 3-9-3........ **Paddy Harnett (3) 98**
11 (4) 932 **GRANDE CUVEE 15** J Stack 3-9-3........ **Seamie Heffernan ●99**
12 (8) 95 **HAROUSSA 61** J Murtagh 3-9-3........ **Ben Coen 82**
13 (15) 98 **LILLI'S ANGEL 43** D McLoughlin 3-9-3........ **Scott McCullagh 71**
14 (10) 5 **OTSANA 43** P Twomey 3-9-3........ **Billy Lee 89**
15 (14) **RED DAHLIA** J Murphy 3-9-3........ **Shane Foley —**
16 (9) 28-30 **SAINT AGATHA 118 (T★)** J Stack 3-9-3........ **Gavin Ryan 84**
17 (6) 364-504 **SHE'S TOO KOOL 15** C O'Connell 3-9-3 **Adam Browne-Souza (7) 90**

BETTING: 10-3 Feel Happy, Noble Irish, 5 Inform, 7 Grande Cuvee, 8 Otsana
WHERE FAVOURITES FINISHED & 2025: No corresponding race.

5.15 FOLLOW US ON INSTAGRAM HANDICAP; value to the winner €7,200; 1m 4f. (18 runners)

1 (20) -661105 **ARCH ENEMY 29 (D)** P Magee 7-10-0........ **Sam Coen (5) 96**
2 (18) -584105 **FORLIO 12 (B;D)** P Flynn 7-10-0........ **Billy Lee 90**
3 (3) 70-324 **GLITTERING GEM 15** D Weld 4-10-0........ **Chris Hayes 92**
4 (8) /521-60 **LOUIESCALL J14** D Kelly 5-10-0........ **Daniel King 86**
5 (1) -220070 **JUSTENZIA 31** D Hogan 4-9-12........ **Joseph Sheridan 88**
6 (9) 07070-4 **MORSE 80** C Weld 6-9-11........ **Patrick McGettigan (5) 95**
7 (4) 6100U0- **VICTORIA KESIA J20** J Hanlon 5-9-11........ **Gavin Ryan 80**
8 (17) -000090 **DUTCH GOLD 69** N Meade 6-9-10........ **Adam Caffrey 81**
9 (11) /9554-6 **QUESTIONABLE 54** E O'Connell 5-9-9........ **Shane Foley 84**
10 (12) 7870/ **VALJEAN 682 (H★)** C Weld 5-9-9........ **Rory Mulligan (5) —**
11 (2) 9-80692 **ROCKET ROBYN 49** M Hassett 4-9-8........ **Paddy Harnett (3) 97**
12 (6) 3-90U0 **ETERNAL ECHO 69** D O'Sullivan 5-9-7........ **Seamie Heffernan 84**
13 (5) -556300 **GUY'S GIRL 24** W McCreery 4-9-7........ **Keithen Kennedy (5) 90**
14 (7) 21-8565 **NANCEE SPAIN 30 (B;D)** D McLoughlin 4-9-7.. **Scott McCullagh 93**
15 (14) 8-02005 **OHMALI 24** N Lupini 4-9-7........ **Ben Coen 91**
16 (10) 047-061 **PREPARATIONS 15 (D)** A Slattery 5-9-7........ **Jimmy Dalton (7) 96**
17 (13) -020705 **OUT ON FRIDAY 12 (D)** P Byrne 10-9-6........ **Wesley Joyce (3) 89**
18 (19) 80-0345 **LAUDERDALE KING 10** A Slattery 4-9-5........ **Andy Slattery ●99**
19 (15) 6478- **BEAUVALLON J31** W P Mullins 4-10-1........ **RESERVE 85**
20 (21) 5515-73 **CHARLIE BROW'N 9** T O'Mara 6-9-4........ **RESERVE 90**
21 (16) 6108561 **MISS AUSTRALIE 3 (D)** A McGuinness 5-9-10(7ex)........ **RESERVE 91**

BETTING: 6 Preparations, 8 Lauderdale King, 10 Arch Enemy, 11 Glittering Gem
WHERE FAVOURITES FINISHED: 1 2 4-6 2 3
2025: El Bello 6-8-11 Nicola Burns 33-1 (R Hurley) drawn 21, 14 ran.

Favourite WE'RE ALL YOU NEED, ALL THE TIME

BEVERLEY ON ITV 1.40 & 2.15 SOFT

1.40 WILLIAM HILL SILVER CUP HANDICAP (Class 3) winner £15,702; 1m 2f (13 run)

1 054581 **THEORYOFEVERYTHING 22**
(9) D O'Meara 6-10-2 .... **Jason Hart** 98
Runs: 31 Wins: 5 (3S,GS,G) Places: 3 £92,991
Loves soft ground, gritty win at Ayr latest, 3lb rise fair, on the shortlist

2 4-9822 **IMPARTIALITY 19 (C)**
(2) P Makin 4-9-12 .... **Shane Gray** 97
Runs: 18 Wins: 3 (3G) Places: 6 £58,097
Decent efforts last twice, give good account though high enough in weights

3 -86634 **WAHDAN 23**
(5) T Easterby 5-9-11 ..... **Jake Dickson (5)** 92
Runs: 17 Wins: 1 (A) Places: 2 £44,070
Another in hcapper's grip, step back down to 10f a help, e-w squeak

4 -64212 **TIGER 22 (BF,D)**
(6) I Williams 4-9-10 .... **Paul Mulrennan** 96
Runs: 13 Wins: 2 (A,G) Places: 3 £29,766
In good heart though 4lb rise for close Ayr second latest is tough, player

5 491217 **JEZ BOMB 14 (D)**
(1) S England 5-9-9 .... **Rhys Elliott (5)** 93
Runs: 43 Wins: 10 (3F,4A,3G) Places: 14 £79,416
Came good early summer but 7lb hike did for him latest, vulnerable now

6 51-673 **FOX AVATAR 18 (CD)**
(10) R Varian 5-9-9 .... **P J McDonald** ●99
Runs: 11 Wins: 3 (2A,G) £21,633
No disgrace at Salisbury latest, current mark workable, taken seriously

7 08-605 **KIND OF KISS J41 (D)**
(3) S England 5-9-6 .... **Oisin Orr** 82
Runs: 15 Wins: 1 (S) Places: 3 £32,435
Promise last summer but all downhill since then, hard to make case for

8 231-86 **ORATORICAL 115**
(4) D Loughnane 3-9-6 ..... **Laura Pearson** 85
Runs: 5 Wins: 1 (S) Places: 2 £8,033
Fair level of form at two but achieved zip this season, needs bounce back

9 73-046 **GALYX 19 (D)**
(12) J Channon 5-9-6 .... **George Bass** 94
Runs: 11 Wins: 2 (2S) Places: 2 £19,945
Quiet this season but hasn't had his ground, should get it here, go well

10 /15-31 **AMANCIO J63**
(13) F Bramley 5-9-5 .... **Tom Eaves** 95
Runs: 21 Wins: 3 (2S,G) Places: 9 £38,318
Brave win at Carlisle in Jun, not so great over hdles back there since, sniff

11 348048 **PER CONTRA 24 (D)**
(7) T Easterby 5-9-4 .... **David Allan** 90
Runs: 29 Wins: 4 (S,2A,GS) Places: 8 £97,340
Has become hard to win with but attractively weighted at best, danger

12 13 **BAY OF MYTHS 132 (D)**
(8) R Newland 3-8-12 .... **Gina Mangan** 95
Runs: 2 Wins: 1 (A) £7,802
AW debut winner, not disgraced Redcar and opening mark fair, threat

13 153304 **MUDITA 8 (BF,D)**
(11) R & P Fahey 3-8-4 .... **Ethan Tindall (5)** 88
Runs: 7 Wins: 1 (G) Places: 1 £10,438
Better at Redcar latest but this whole lot tougher, others preferred

BETTING: 3 Impartiality, 9-2 Fox Avatar, 8 Tiger, Per Contra, Amancio, Galyx, 10 Bay Of Myths, Theoryofeverything, 12 Wahdan, 16 Jez Bomb, 33 Oratorical, Mudita, 66 Kind Of Kiss
WHERE FAVOURITES FINISHED: 5 8
2025: Desert Shadow 3-9-4, K Stott 3-1 (S bin Suroor), drw 2, 9 ran.

2.15 HILLS BEVERLEY BULLET SPRINT STAKES (LSTD) (1) winner £39,697; 5f (11 run)

1 -08182 **WASHINGTON HEIGHTS 21 (D)**
(5) K Ryan 6-9-7 .... **Tom Eaves** 94
Runs: 30 Wins: 5 (3F,2G) Places: 10 £401,496
In good form, no disgrace in Deauville Lstd latest, won't be far away

2 7-0900 **AIN'T NOBODY 9 (D)**
(8) K Ryan 4-9-4 .... **Kevin Stott** 86
Runs: 17 Wins: 2 (F,GS) Places: 2 £234,709
Class act on his day but is difficult to predict, draw a plus but risky bet

3 43-001 **AL SHABAB STORM 65 (D)**
(6) M Appleby 5-9-4 ...... **Conor Whiteley** 92
Runs: 22 Wins: 5 (2S,A,GS,G) Places: 6 £189,389
Won Gosforth Park Cup latest, has Grp 3 win on CV, place prospects

4 711102 **BADRI 14 (CD)**
(10) M Herrington 9-9-4 .... **Connor Beasley** 93
Runs: 77 Wins: 15 (4F,7A,GS,3G) Places: 15 £313,292
Decent hcapper, this first foray into stakes company, won't be disgraced

5 490357 **JM JUNGLE 9 (B;D)**
(9) J & S Quinn 6-9-4 .... **Jason Hart** 98
Runs: 45 Wins: 6 (S,2F,GS,2G) Places: 15 £494,569
Beaten less than 3l in Grp 1 Nunthorpe last time, repeat and one to beat

6 1-3007 **SHAGRAAN 57 (P★;CD)**
(11) C Cox 5-9-4 .... **P J McDonald** ●99
Runs: 26 Wins: 5 (S,3F,G) Places: 8 £210,102
Won this last year, better than finishing position latest, best of draw, player

7 446610 **ARGENTINE TANGO 30 (CD)**
(2) T Easterby 3-9-0 .... **David Allan** 87
Runs: 18 Wins: 4 (S,F,2G) Places: 4 £174,718
G'wood Grp 2 too tough last time, C&D Lstd win previously, respected

8 051544 **BEAUJOLAIS NOUVEAU 33 (V★;CD)**
(4) B Haslam 4-8-13 .... **Andrew Mullen** 89
Runs: 18 Wins: 2 (2G) Places: 6 £36,913
Solid hcapper, been found wanting previous Lstd runs, visor on, sniff

9 090633 **ELEGANT ERIN 58 (CD)**
(7) P Midgley 9-8-13 .... **Cam Hardie** 87
Runs: 63 Wins: 10 (4S,3F,2A,G) Places: 13 £117,781
Loves it here but this more exalted than usual fare, likely will struggle

10 -U4931 **FLUORESCENCE 14 (D)**
(3) E Bethell 4-8-13 .... **Oisin Orr** 95
Runs: 12 Wins: 4 (3F,A) Places: 3 £59,274
Beat Badri in Ponte hcap last time, this whole lot tougher but in the mix

11 542600 **HEAVENLY HEATHER 9 (D)**
(1) T Waggott 5-8-13 .... **non-runner** 93
Runs: 23 Wins: 3 (3A) Places: 5 £142,450
Not disgraced since stepping up to Pattern company, doesn't go

BETTING: 9-4 Jm Jungle, 4 Shagraan, 5 Washington Heights, 7 Ain't Nobody, 8 Fluorescence
WHERE FAVOURITES FINISHED: 7 1-8 2-3 5 9
2025: Shagraan 4-9-4, K Stott 15-2 (M Appleby), drw 5, 9 ran.

LONG SHOT **PUROSANGUE (2.35 Goodwood) comes from an in-form yard and has shown promise over this trip from higher handicap marks in the past.**

TEMPLEGATE

1.40 ...... Bay Of Myths
2.15 ...... Fluorescence
2.50 ...... Eleven Eighty Two
3.20 ...... Hot Cash
3.55 ...... Qila
4.30 ...... Printing Money
5.05 ...... Spooky Wooky

TOM PEPPER

1.40 ...... Fox Avatar
2.15 ...... Ain't Nobody
2.50 ...... Cheeky Chesca
3.20 ...... Count Palatine
3.55 ...... Ventura Express
4.30 ...... Printing Money
5.05 ...... Spooky Wooky

■TIC-TAC: Right-handed, sharp, oval course of 1m 3f, 3f uphill run-in. The 5f course bends right at halfway and is uphill and testing, especially on soft ground. ■DRAW: Low best when stalls far side, high best when stalls inside. ■LEADING TRAINERS WITH RUNNERS (2021-2026): T Easterby 46-505, R & P Fahey 32-203, M & D Easterby 26-212, K R Burke 26-116. THIS SEASON: T Easterby 11, K R Burke 6, R & P Fahey 4. ■TOP JOCKEYS WITH RIDES (2021-2026): D Allan 27-254, J Hart 27-201, Joanna Mason 25-181, Oisin Orr 24-126. THIS SEASON: D Allan 8, Oisin Orr 6, J Hart 6. ■LONGEST TRAVELLER: Harb (3.55) trained at Carlisle. Round trip of 662 miles. ■FIRST RUN SINCE WIND OP: None. ■LIVE ON RACING TV

Sunracing FORM

WASHINGTON HEIGHTS (9-4) 9-1 midfield, headway 2f out, went second final 110 yards, kept on close home, btn 2l by Shiri (8-8) (13 ran) (Deauville 5f Listed £19,669 good).
JM JUNGLE (10-1) 25-1 raced near side, led, chased leaders when groups merged 2f out, ridden 1f out, kept on same pace, 7th of 18 (btn 2¾l) to Bacio (9-13) **HEAVENLY HEATHER** (9-12) 80-1 in touch, ridden 2f out, no telling impression, 10th (btn 3¾l) **AIN'T NOBODY** (10-1) 33-1 mid-division, brief headway 1f out, soon no impression, 13th (btn 6l) (18 ran) (York 5f Grp 1 (1) £340,260 good to soft).
AL SHABAB STORM (9-7) 22-1 midfield, headway over 2f out, ridden to lead final 1f, kept on, bt Corolla Point (9-8) nk (14 ran) (Newcastle 5f hcap (2) £30,924 AW).
FLUORESCENCE (9-7) 2-1 fav midfield, progress over 1f out, led final 110yds, ran on, bt **BADRI** (10-0) 5-2 prominent, switched right over 1f out, kept on final furlong, went second close home, 1¼l (8 ran) (Pontefract 5f hcap (2) £16,493 good to firm).
SHAGRAAN (9-5) 4-1 in touch with leaders, ridden and lost position over 1f out, kept on same pace, 7th of 9 (btn 5¼l) to Rumstar (9-5) (Sandown 5f Grp 3 (1) £53,874 good).
JM JUNGLE (9-4) 9-1 prominent, pressed leader 2f out, no extra final 110 yards, 5th of 15 (btn 2¼l) to American Affair (9-4) **ARGENTINE TANGO** (8-11) 100-1 tracked leaders, ridden 2f out, weakened 1f out, 14th (btn 7l) (15 ran) (Goodwood 5f Grp 2 (1) £170,130 good to firm).
BEAUJOLAIS NOUVEAU (9-3) 33-1 handy, every chance over 1f out, no extra final furlong, 4th of 20 (btn 2¾l) to Sing The Blues (8-11) (Goodwood 6f hcap (3) £25,770 good).
ELEGANT ERIN (10-0) 11-2 held up in touch, asked for effort 1f out, headway into third near finish, not reach leaders, 3rd of 8 (btn 1½l) to I'm Next (10-0) (Beverley 5f hcap (4) £6,621 good to firm).

2.50 CHURCHILL TYRES EBF RESTRICTED MAIDEN FILLIES' STAKES (4); 2-y-o; winner £5,400; 5f. (13 runners)

1 (13) 2237793 **CHEEKY CHESCA 13 (B★)** T Easterby 9-2 ...... **David Allan 96**
2 (3) 6 **DAWN'S GIFT 29** S Ender 9-2 ...... **Alistair Rawlinson 84**
3 (1) 458 **DOROTHEA HOPE 23** T Easterby 9-2 ...... **Jason Hart 90**
4 (8) 4226 **ELEVEN EIGHTY TWO 34** B Haslam 9-2 ...... **Andrew Mullen 98**
5 (6) **FLORAL MAID** B Ellison 9-2 ...... **Cam Hardie —**
6 (4) **GET ON THAT BABY** M & D Easterby 9-2 ...... **Joanna Mason —**
7 (11) 5304532 **LAST DANDELION 7 (BF)** S Williams 9-2 ...... **Ethan Tindall (5) ●99**
8 (12) **PICNIC PRINCESS** R & P Fahey 9-2 ...... **Shane Gray —**
9 (2) **PIVOTAL VOYAGE** K Ryan 9-2 ...... **Tom Eaves —**
10 (9) 8 **POCKET CHANGE 126** P Makin 9-2 ...... **Sam James 76**
11 (10) 305 **PURRISTA 4** G Tutty 9-2 ...... **Connor Beasley 80**
12 (5) 059 **SERENITY BAY 40** E Dunlop 9-2 ...... **Oisin Orr 74**
13 (7) 05 **SUENICORA STAR 29** B Ellison 9-2 ...... **Mikey Sheehy 73**

BETTING: 9-4 Eleven Eighty Two, 3 Last Dandelion, 4 Cheeky Chesca, 10 Pivotal Voyage, Picnic Princess, 12 Dawn's Gift, 14 Dorothea Hope, 20 Purrista
WHERE FAVOURITES FINISHED and 2025: No corresponding race.

3.20 WARD HOMES YORKSHIRE HANDICAP (4); value to the winner £5,574; 1m 100yds. (13 runners)

1 (3) -741100 **PRIAPOS 29 (D)** P Makin 4-9-9 ...... **Sam James 92**
2 (6) -025800 **NOSTRUM 29 (D)** M Appleby 6-9-9 ...... **Jason Hart 81**
3 (12) 3108057 **WALSINGHAM 22 (D)** D O'Meara 6-9-8 ...... **Conor Whiteley (5) 90**
4 (11) 4-02280 **HOT CASH 36 (D)** J Channon 4-9-7 ...... **Connor Beasley 89**
5 (9) 23-3278 **GOLDEN REDEMPTION 57** G Harker 4-9-6 ...... **David Nolan 91**
6 (10) -003061 **COUNT PALATINE 11** M Dods 5-9-5 ...... **Sean Kirrane 96**
7 (7) 2-52753 **ON THE RIVER 36 (CD)** H Bethell 7-9-2 ...... **Tom Kiely-Marshall (5) ●99**
8 (5) 1042175 **HIGHLAND OLLY 18 (C,D)** G Tuer 5-9-1 ...... **Alistair Rawlinson 88**
9 (1) 652212- **TELE RED 310 (BF,C,D)** K R Burke 9-9-1 ...... **Andrew Elliott 95**
10 (4) 65-1414 **WONDROUS LIGHT 80 (CD)** J Portman 4-9-0 ...... **Kevin Stott 92**
11 (2) 4461121 **THE SWEET ESCAPE 16 (C,D)** D Loughnane 4-9-0 ...... **non-runner 98**
12 (8) 5521472 **FINANCER 14** T Easterby 5-9-0 ...... **David Allan 97**
13 (13) -422447 **PANELLI 24 (BF,D)** M Sowersby 4-8-6 ...... **Cam Hardie 79**

BETTING: 4 Financer, 9-2 Count Palatine, 6 Tele Red, 8 Golden Redemption, 10 Wondrous Light, On The River, 12 Hot Cash, Walsingham
WHERE FAVOURITES FINISHED: 6 1 1
2025: Urban Sprawl 5-9-13 Archie Young 2-1 Fav (C Johnston) drawn 4, 7 ran.

3.55 CONSTANT SECURITY HANDICAP (5); value to the winner £4,527; 5f. (15 runners)

1 (12) 018/532 **MANAGING DIRECTOR 16 (D)** G Oldroyd 4-9-13 ...... **non-runner 97**
2 (11) 03-7158 **HOLBACHE 17 (D)** J Camacho 8-9-12 ...... **Tom Kiely-Marshall (5) 93**
3 (15) 4-31125 **MILITARY GIRL 23 (BF,D)** M Dods 4-9-11 ...... **Connor Beasley 90**
4 (9) -505108 **DAIZEN 9** R Menzies 3-9-10 ...... **Andrew Mullen 93**
5 (5) 3544645 **VENTURA EXPRESS 17 (CD)** P Midgley 9-9-9 ...... **David Nolan 94**
6 (3) 54-2033 **QILA 18 (BF)** B Ellison 3-9-8 ...... **Mikey Sheehy ●99**
7 (4) -978056 **TIRIAC 29 (D)** P Midgley 6-9-8 ...... **David Nolan 88**
8 (10) 5331700 **TEES AGGREGATES 13 (CD)** A Nicholls 4-9-7 ...... **Jack Nicholls (3) 87**
9 (13) 8715317 **GREAT 19 (BF,D)** S England 4-9-7 ...... **Shane Gray 90**
10 (14) 8-13655 **MISS BRAZEN 13 (CD)** M & D Easterby 6-9-6 ...... **Joanna Mason 99**
11 (7) 2154347 **SIMBA'S PRIDE 18** M Dods 3-9-5 ...... **Mark Winn 90**
12 (6) 44-6460 **ICE COLD ALEX 10 (P★;D)** O Pears 3-9-4 ...... **Cam Hardie 87**
13 (2) 2104067 **EMPRESS OLIVIA 33** M Walford 3-9-3 ...... **Dougie Costello 85**
14 (1) 6122740 **DREAM DEAL 36 (B;CD)** T Easterby 7-9-1 ...... **David Allan 86**
15 (8) 6830452 **HARB 9 (D)** T Davidson 7-9-0 ...... **Jason Hart 95**

BETTING: 3 Qila, 4 Harb, 5 Ventura Express, 15-2 Military Girl, 12 Tiriac, 14 Great, 16 Holbache, Daizen, Tees Aggregates, Simba's Pride
WHERE FAVOURITES FINISHED: 2 5 4 1 1
2025: Hundred Caps 3-9-11 Kevin Stott 7-2 Fav (J Camacho) drawn 6, 11 ran.

4.30 RETURN OF THE LEGEND MARTIN SPENCER NURSERY (6); 2-y-o; winner £4,004; 7f. (12 runners)

1 (4) 53691 **INNS AND OUT 5 (D)** T Easterby 9-11(6ex) ...... **David Allan 95**
2 (2) 3631 **BELLA LUCIA 23 (D)** G Tutty 9-9 ...... **Conor Whiteley (5) 98**
3 (11) 6123351 **AMANTHA 8 (D)** B Ellison 9-6 ...... **Connor Beasley ●99**
4 (8) 0502 **COURT LEGEND 17 (P★)** M & D Easterby 9-6 ...... **Joanna Mason 94**
5 (5) 9673 **PRINTING MONEY 11 (B)** D Cunha 9-5 ...... **Sam James 94**
6 (6) 630 **NOSEY BOOK 15 (B★)** T Easterby 9-2 ...... **Sean Kirrane 88**
7 (3) 5862 **SUNRISE AT DAWN 46 (BF)** C Lidster 9-1 ...... **Tom Eaves 92**
8 (10) 462 **BLACK FURY 18** O Pears 9-0 ...... **Cam Hardie 93**
9 (1) 887 **SCARLET DYNASTY 15** G Tutty 8-9 ...... **Rhys Elliott (5) 85**
10 (9) 969336 **TIGER IN THE TREE 30** T Easterby 8-9 ...... **Duran Fentiman 91**
11 (7) 005 **BE MORE RUTHLESS 18** A Nicholls 8-8 ...... **Jack Nicholls (3) 82**
12 (12) 7048 **LOVEULONGTIME 18** G Harker 8-6 ...... **William Pyle 79**

BETTING: 4 Bella Lucia, Amantha, 11-2 Court Legend, Printing Money, 7 Sunrise At Dawn, 8 Black Fury, Inns And Out, 20 Tiger In The Tree, Scarlet Dynasty
WHERE FAVOURITES FINISHED: 3
2025: Lady Britain 9-2 Owen Lewis 7-2 (I Mohammed & J Santos) drawn 6, 8 ran.

5.05 NAPOLEONS CASINO HULL APPRENTICE HANDICAP (5); value to the winner £4,527; 2m. (8 runners)

1 (5) 7-55312 **ELEMENTAL EYE 55 (B;D)** I Jardine 5-10-0 ...... **Jack Nicholls 98**
2 (3) 124-509 **MARBUZET 34 (D)** T Easterby 7-9-13 ...... **Jake Dickson (5) 75**
3 (7) 2194523 **TIME TURNER 30 (B★)** E Bethell 4-9-9 ...... **Cian Horgan (3) ●99**
4 (4) 123171/ **PFINGSTBERG 696 (D)** M Walford 6-9-8 ...... **Ethan Tindall (3) —**
5 (2) 57923 **SHOPAHOLIC 22** J Jones 4-9-8 ...... **Conor Whiteley (3) 93**
6 (1) 7236-74 **SPOOKY WOOKY 22 (V)** S West 4-9-5 ...... **William Pyle 91**
7 (8) 356870/ **PUNXSUTAWNEY PHIL J527** M Walford 9-9-1 ...... **Rhys Elliott (3) —**
8 (6) 23-5234 **JEDHI KNIGHT 10 (B;D)** P Midgley 4-8-11 ...... **Alex Jary 87**

BETTING: 9-4 Punxsutawney Phil, 3 Elemental Eye, 9-2 Pfingstberg, 7 Time Turner, 10 Shopaholic, Spooky Wooky, 14 Jedhi Knight, 50 Marbuzet
WHERE FAVOURITES FINISHED and 2025: No corresponding race.

RACING RESULTS

BEVERLEY

Going: Soft-heavy in places

1.45: 1 TRILBY P J McDonald (3-1 jtfav); **2 Francisco's Piece** (9-1); **3 Lethal Nymph** (3-1 jtfav). 9 ran. ¾l; nk. S England. T: £4; £1.30, £3.10, £1.60. Ex: £39.70. Tricast: £89.31. Trifecta: £127.50. CF: £32.22. NR: Cinque Verde, Solar Aclaim.

2.20: 1 VALLEY OF FLOWERS Joanna Mason (4-1); **2 Unchartedterritory** (6-1); **3 Northern Brave** (5-2 fav). 8 ran. 1¼l; 1½l. Samantha & Jacqueline Coward. T: £5.60; £1.70, £2.40, £1.30. Ex: £38.10. Tricast: £72.16. Trifecta: £114.90. CF: £29.14. NR: Barak Warrior.

2.55: 1 FANS FAVOURITE Conor Whiteley (3-1 co fav); **2 Rapide Vega** (3-1 co fav); **3 Ciao Capo** (3-1 co fav). 8 ran. nk; 2¼l. H Palmer. T: £4; £1.40, £1.50, £1.50. Ex: £17.20. Tricast: £29.16. Trifecta: £62. CF: £12.10. NR: Everyoneknowsadave, Lady Hornblower, Shimmering Sands.

3.35: 1 NECROMANCER J Hart (7-2); **2 Blanquita** (10-3); **3 Pen Lan Icon** (20-1). 13 ran (Saffron Bay 13-8 fav). 1½l; 2½l. R Beckett. T: £5.30; £1.70, £1.70, £4.50. Ex: £24.70. Trifecta: £350.70. CF: £16.10. NR: Naseebwali.

4.10: 1 SUPREME CLARETS Oisin Orr (10-3); **2 Misunderstood** (4-1); **3 Son** (11-4 jtfav). 8 ran (One Night Thunder 11-4 jtfav). hd; 1¼l. R & P Fahey. T: £4.34; £1.30, £1.80, £1.30. Ex: £21.60. Tricast: £42.69. Trifecta: £69.70. CF: £18.25. NR: Arduis Invicta, Glenfinnan, Highland Shah, Obelix, The Sweet Escape.

4.45: 1 TARMONBARRY KID Oisin Orr (9-1); **2 Style Of Life** (12-1); **3 Coolree** (14-1). 10 ran (Glen Nevis 4-1 fav). 1l; 1½l. R & P Fahey. T: £10; £2.90, £3.40, £3.60. Ex: £120.80. Tricast: £1021.52. Trifecta: £1262.50. CF: £111.85. NR: Borjina, Sandy Craic.

PLACEPOT: £81.40
QUADPOT: £24.30

CHEPSTOW

Going: Good to soft-soft in places

4.40: 1 MINSTER MAN E Greatrex (2-5 fav); **2 Crazee In Havana** (2-1); **3 Mrs Blue** (18-1). 3 ran. 5½l; 1¾l. R Cowell. T: £1.40; Ex: £1.20. Trifecta: £1.50. CF: £1.58. NR: Roxa Love.

5.15: 1 PJ'S CORNER E Greatrex (3-1 jtfav); **2 Perigord Noir** (13-2); **3 Maximus Meridius** (17-2). 6 ran (Dowman 3-1 jtfav). nk; 1½l. D Cunha. T: £4.10; £2, £2.60. Ex: £27.10. Trifecta: £109.70. CF: £22.75. NR: South West.

5.45: 1 MIDGHAM MAN Jack Doughty (8-13 fav); **2 Time Glory** (16-1); **3 Mainshock** (11-4). 5 ran. 10l; 1¼l. B Millman. T: £1.62; £1.10, £4.40. Ex: £8.60. Trifecta: £18.90. CF: £12.47. NR: Flight Tracker.

6.15: 1 ABSOLUTE DIAMOND P Cosgrave (10-1); **2 Q T Boy** (11-2); **3 Thunda Struck** (13-2). 9 ran (Sovereign Beach 15-8 fav). 1l; 2½l. P Evans. T: £11; £2.50, £2.10, £2.20. Ex: £79.60. Tricast: £394.43. Trifecta: £664.10. CF: £65.81. NR: No More Pino, So Tempting.

6.45: 1 EMERY DOWN P Cosgrave (11-4 fav); **2 Kaleidoscope Eyes** (13-2); **3 Connie's Rose** (17-2). 8 ran. 4¼l; 3l. J Ryan. T: £3.75; £1.70, £2, £2.10. Ex: £22.30. Tricast: £137.87. Trifecta: £106.40. CF: £21.88.

7.15: 1 HEART SIGN Taryn Langley (16-1); **2 Head Girl** (7-4 fav); **3 Buck Barrow** (9-2). 8 ran. ½l; ½l. Jack Morland. T: £19.30; £3.60, £1.20, £1.50. Ex: £71. Tricast: £157.58. Trifecta: £379.70. CF: £46.41.

7.45: 1 ELORA PRINCE Taryn Langley (5-1); **2 Celebrating Ethel** (4-1); **3 Pepper Fizz** (3-1 fav). 6 ran. 2¼l; 1¾l. A Wintle. T: £6; £1.80, £1.80. Ex: £23.30. Tricast: £69.45. Trifecta: £79.10. CF: £25.42. NR: Tiger Beetle, Typeface.

PLACEPOT: £67.10
QUADPOT: £17.80

CARTMEL

Going: Good-good to soft in places

2.05: 1 ALVESTA L Norcei (5-2); **2 Zamond** (11-2); **3 Lord Of The Glance** (16-1). 11 ran (Mi Sueno 2-1 fav). 2¼l; ¾l. J Moffatt. T: £3.50; £1.90, £3.10, £1.20. Ex: £17.90. Tricast: £191.03. Trifecta: £181.60. CF: £17.17. NR: Ambassador.

2.40: 1 GAMBINO H Skelton (3-10 fav); **2 Whermyrosemarygoes** (7-2); **3 Faithful Guardian** (12-1). 9 ran. 1l; 4l. D Skelton. T: £1.30; £1.10, £1.10, £2.10. Ex: £2.10. Trifecta: £7.90. CF: £2.15. NR: Argentum.

3.15: 1 SEEYAINTHESUNINN A Stevens (15-2); **2 Frisky Whiskey** (9-2); **3 Larkfield Lusive** (18-1). 12 ran (Kingofthegame 4-1 fav). 1¼l; ½l. M Hammond. T: £8.50; £2.70, £2, £5. Ex: £59.60. Tricast: £608.05. Trifecta: £488.40. CF: £42.88. NR: Robert d'Ores, Stiletto.

3.53: 1 MORNING MAYHEM H Reed (8-1); **2 Lightening Company** (20-1); **3 Roysse** (6-1). 11 ran (My Chiquita 10-3 fav). 1½l; shd. Nick Scholfield. T: £10.10; £2.70, £6.70, £2.40. Ex: £154.50. Tricast: £1049.23. Trifecta: £2388.30. CF: £157.93. NR: Banderas, Edelak, King Ulanda.

4.25: 1 PASSING DIAMOND R McLernon (8-15 fav); **2 Lermoos Legend** (15-2); **3 Palamon** (7-1). 5 ran. 5l; 4¾l. B Haslam. T: £1.54; £1.20, £2.10. Ex: £4.40. Trifecta: £14.40. CF: £5.49.

5.05: 1 ILLOGICAL LOGIC E Collier (7-1); **2 Roi Du Roume** (11-4 fav); **3 Path Of Stars** (15-2). 11 ran. 2l; 2l. D Thompson. T: £8.40; £2.50, £1.30, £2.30. Ex: £34.10. Tricast: £154.11. Trifecta: £198.10. CF: £27.58.

PLACEPOT: £113
QUADPOT: £39.10

CURRAGH

Going: Good-good to firm in places on straight course

1.18: 1 DARKNESS FALLS R L Moore (4-6 fav); **2 Albany County** (7-2); **3 Cluster** (17-2). 13 ran. 7l; ½l. A P O'Brien. T: €1.67; €1.10, €1.30, €2.50. Ex: €4.60. Trifecta: €20.30. CF: €3.46. NR: Nouveau Grey, Rock On Johnny, Silk Twist.

1.53: 1 SEA OF RAIN C T Keane (18-1); **2 Ballyskeagh** (14-1); **3 Damsel In Distress** (17-2). 10 ran (So Lovely 11-8 fav). ¾l; nk. J S Bolger. T: €26.20; €3.60, €3.50, €2.30. Ex: €209.70. Tricast: €2311.22. Trifecta: €1971.70. CF: €256.04.

2.28: 1 EXCHANGE STUDENT J Pietropaolo (9-1); **2 Luca Brillante** (15-8 fav); **3 Banks Of The Boyne** (5-1). 6 ran. ½l; 1¾l. J A Stack. T: €10; €3.70, €1.40. Ex: €25.20. Trifecta: €115.80. CF: €26.41.

3.03: 1 PUSH THE BOAT OUT J A Heffernan (17-2); **2 Great Barrier Reef** (4-5 fav); **3 Velozee** (3-1). 5 ran. nk; 1¾l. M O'Callaghan. T: €9.50; €2.30, €1.20. Ex: €18.20. Trifecta: €46. CF: €16.45. NR: Beibhinn, Ruler's Control.

3.40: 1 MISS SCOTT C Soumillon (3-1 jtfav); **2 Faiyum** (3-1 jtfav); **3 Sindria** (9-1). 14 ran. 3¾l; ½l. J & T Gosden (UK) . T: €4; €1.80, €1.60, €3.30. Ex: €15.90. Tricast: €80.17. Trifecta: €154.20. CF: €11.21. NR: Princess Child.

4.15: 1 LOUGHREA A J Slattery (9-2); **2 Manton Bay** (8-1); **3 Pierre Royal** (4-1 fav); **4 Booyea** (11-1). 17 ran. 3l; 4½l; ¾l. A Slattery. T: €5.50; €1.70, €2.30, €1.60, €3.20. Ex: €55. Tricast: €174.17. Trifecta: €480.40. CF: €42.09. NR: Kalir.

4.50: 1 APOTHIC RED Sadhbh Tormey (9-1); **2 Simmering Seas** (9-1); **3 Gerrit's Gem** (18-1); **4 Another Nice'day** (20-1). 19 ran (Rosato 5-1 fav). 1¼l; 3¼l; nk. T G McCourt. T: €10.40; €2.20, €2.80, €5, €4.70. Ex: €105.50. Tricast: €1527.65. Trifecta: €1241.10. CF: €94.33. NR: Faoladh, Four Blondes.

5.25: 1 NDAAWI Nina Carberry (5-6 fav); **2 Neo Smart** (9-1); **3 Star Harbour** (5-2); **4 Duke Silver** (66-1). 19 ran. 6l; ½l; ½l. G Elliott. T: €1.90; €1.20, €2.80, €1.20. Ex: €16.70. Trifecta: €41.60. CF: €11.76. NR: Coole Cafe, Sneddy Eddie, Western Fold.

PLACEPOT: €194.40

GOODWOOD

Going: Soft

1.25: 1 SILVERELLA D Probert (14-1); **2 Rhythm Of My Heart** (3-1); **3 Roku Nana** (5-1). 13 ran (Lily Pink 9-4 fav). 1½l; ½l. M Tregoning. T: £15.40; £3.30, £1.50, £2.10. Ex: £63.60. Trifecta: £372. CF: £57.02.

2.00: 1 FORTY YEARS ON H Crouch (6-4 fav); **2 Fondo Blanco** (14-1); **3 Pellitory** (11-1). 11 ran. 2l; 1l. G Scott. T: £2.50; £1.30, £4.20, £2.90. Ex: £32.80. Tricast: £191.94. Trifecta: £296.30. CF: £25.84. NR: Aalto, Addison Grey, Carnival Of Light, Completely Random.

2.35: 1 TOO SOON W Fentiman (4-1); **2 High Degree** (2-1 fav); **3 Green Sky** (8-1). 9 ran. 4½l; 1¼l. G & J Moore. T: £5.90; £1.30, £2.20, £1.80. Ex: £18.90. Tricast: £60.86. Trifecta: £124.60. CF: £12.58.

3.10: 1 ZAVATERI C Bishop (11-10 fav); **2 Qirat** (13-2); **3 Fast Tracker** (12-1). 7 ran. 3½l; 2¼l. E J-Houghton. T: £2.10; £1.40, £3. Ex: £9.10. Tricast: £55.93. Trifecta: £103.20. CF: £8.98. NR: Arisaig, Pina Sonata.

3.45: 1 CHIMES OF THUNDER D Probert (9-2); **2 Queen Of Scotland** (15-2); **3 Aunt Roberta** (15-2). 8 ran (Tropical Sands 9-4 fav). 4¾l; 3¼l. W Haggas. T: £5.50; £1.40, £2.10, £2. Ex: £37.40. Trifecta: £186. CF: £38.41.

4.20: 1 GOOLOOGONG B Sayette (7-2); **2 Zachary Hickes** (5-2); **3 Russian Rumour** (25-1). 9 ran (Arcturus Flame 85-40 fav). 11l; shd. G Baker. T: £4.50; £1.50, £1.40, £4.70. Ex: £18. Tricast: £191.01. Trifecta: £240.50. CF: £13.16. NR: Educator, Mr Freedom, Two Plus Two.

4.55: 1 NAANA'S SPARKLE K O'Neill (11-4); **2 Toca Madera** (15-8 fav); **3 Dream Composer** (10-1). 6 ran. 1½l; 2¼l. Lemos Souza. T: £3.75; £1.70, £1.50. Ex: £8.10. Tricast: £40.90. Trifecta: £39.80. CF: £8.34. NR: Democracy Dilemma, Dyonisos.

JACKPOT: Not won, pool of £10,820.33 carried over.
PLACEPOT: £69.20
QUADPOT: £19.80

SANDOWN

Going: Good to soft

1.40: 1 TALL TREES J P Spencer (6-4 jtfav); **2 Victoria Night** (7-1); **3 Flower Show** (6-4 jtfav). 8 ran. hd; 2¼l. B Meehan. T: £2.50; £1.10, £1.80, £1.10. Ex: £11.40. Trifecta: £26.10. CF: £13.98. NR: Thi Qar.

2.15: 1 KOKBASTAU R Dawson (9-2); **2 Alcarath** (3-1 fav); **3 Stem** (17-2). 11 ran. hd; ¾l. R Varian. T: £5.50; £2.20, £1.50, £1.90. Ex: £19. Tricast: £112.28. Trifecta: £95.40. CF: £18.11. NR: Cash, King's Charter.

2.50: 1 LOVE DYNASTY N Callan (33-1); **2 Noche Clasica** (14-1); **3 Moon Target** (7-2). 10 ran (Kon Tiki 3-1 fav). nk; nk. K Ryan. T: £35.50; £6.30, £3.20, £1.70. Ex: £452.40. Tricast: £2082.95. Trifecta: £2070.70. CF: £436.30.

3.30: 1 ALFRED WALLACE K Shoemark (11-4); **2 Dover Street** (16-1); **3 Breacher** (10-3). 8 ran (Mia Fantasia 9-4 fav). ½l; ½l. E Walker. T: £3.80; £1.30, £2.70, £1.60. Ex: £45.10. Tricast: £153.42. Trifecta: £196.10. CF: £45.24. NR: Rock Montreal, Sergei Diaghilev.

4.05: 1 STORM FREE L Edmunds (12-1); **2 Desert Shadow** (2-1 fav); **3 Defence Minister** (9-4). 8 ran. ¾l; ¾l. J Tate. T: £13; £2.60, £1.30, £1.40. Ex: £47. Tricast: £77.54. Trifecta: £194.70. CF: £37.53. NR: Huscal, Silver Ghost.

4.35: 1 VICTORY GOLD O Murphy (7-4 fav); **2 Noble Prince** (2-1); **3 Dontlookbackinanga** (7-1). 5 ran. 2½l; 3¾l. S bin Suroor. T: £2.75; £1.50, £1.40. Ex: £4.50. Trifecta: £16.70. CF: £5.60. NR: Clive The Writer, Sanbona Warrior, Waasil.

5.10: 1 ROSARIO Rossa Ryan (6-5 fav); **2 Lipsink** (9-1); **3 Havana Smile** (14-1). 8 ran. shd; 1¾l. R Teal. T: £2.20; £1.20, £1.70, £3.20. Ex: £14.80. Tricast: £107.88. Trifecta: £132.10. CF: £13.97. NR: Hypnotised, Quantum Power.

PLACEPOT: £38.80
QUADPOT: £15.50

WINDSOR

Going: Soft

4.30: 1 CROWN AND TWO David Egan (10-11 fav); **2 Wolf Bay** (80-1); **3 Valdoro** (12-1). 9 ran. 2½l; hd. Tom Clover. T: £2.40; £1.20, £8, £2. Ex: £112.70. Trifecta: £921.80. CF: £102.46. NR: Blue Victory.

5.00: 1 SPACE BEAR Jason Watson (15-2); **2 An Outlaw's Grace** (14-1); **3 Sergeant Pep** (20-1). 9 ran (Supreme King 11-4 fav). 1½l; hd. M Appleby. T: £10; £2.40, £3.60, £4.40. Ex: £127.40. Tricast: £2033.40. Trifecta: £1242. CF: £108.57.

5.30: 1 ANGEL GABRIEL R Clutterbuck (11-4 jtfav); **2 Crafty Blue** (4-1); **3 Madman** (11-4 jtfav). 6 ran. 1½l; 4½l. R Beckett. T: £3.75; £2.20, £2.10. Ex: £15.20. Tricast: £31.52. Trifecta: £39.90. CF: £14.17. NR: Moving Force, Saucy Jane, Star Chorus.

6.00: 1 HOLLIESTHEDOLLIE H Davies (12-1); **2 Crowned** (5-6 fav); **3 Miss Moneypit** (15-2). 11 ran. 1¼l; nk. J Portman. T: £16.70; £2.80, £1.10, £2. Ex: £43. Tricast: £95.44. Trifecta: £245.70. CF: £22.91.

6.30: 1 TENABILITY T Marquand (2-1); **2 Silawi** (10-1); **3 White Birch** (15-8 fav). 8 ran. ½l; nk. W Haggas. T: £3; £1.30, £2.70, £1.40. Ex: £28.70. Trifecta: £89.20. CF: £23.66. NR: Warrant Holder.

7.00: 1 MAXIMISING David Egan (3-1 jtfav); **2 Eazy On The Eye** (6-1); **3 Bubbles Wonky** (3-1 jtfav). 8 ran. 2l; 1½l. K P De Foy. T: £4; £1.40, £1.80, £1.60. Ex: £24.50. Tricast: £59.66. Trifecta: £73.60. CF: £22.53. NR: Newfangled, Potomac River, Tribal Wisdom.

7.30: 1 SPINNEY David Egan (11-1); **2 Dijon Gone** (11-1); **3 La Kosmos** (17-2). 13 ran (Goldfinder 10-3 jtfav, Lucky Sevens 10-3 jtfav). 4½l; 1¾l. Tom Clover. T: £15.90; £4.20, £3.80, £3.20. Ex: £188.30. Tricast: £1096.32. Trifecta: £2542.40. CF: £128.74. NR: Alkaios, Mister Pretentious.

PLACEPOT: £114.70
QUADPOT: £7.60

DOG TIPS AND RETURNS

SELECTIONS

■YARMOUTH: 11.01 Onthelookout (6-3-4) 11.18 Swift Illinois (4-2-3) 11.34 Dark Rum Chaser (5-4-2) 11.52 Isla Bonita (5-2-6) 12.09 Bright Layla (nap) (3-2-6) 12.26 Dromana Junior (5-2-3) 12.42 Newinn Dancer (4-5-1) 12.59 Oh So Lucy (nb) (1-2-3) 1.17 Carrickhill Matt (2-3-4) 1.33 Somersham Sox (6-1-3) 1.51 Derrygrath Laura (2-1-5) 2.07 Jacobs Magic (4-2-3)

■SUNDERLAND: 11.09 Skiproe Mario (3-2-5) 11.27 Emers Noddy (1-6-2) 11.43 People Watching (2-3-1) 12.01 Gemmas Hope (4-2-1) 12.18 Lostrigg Benny (5-3-2) 12.34 Donegal Cashout (2-6-5) 12.51 Hands Off Enda (nap) (3-1-2) 1.08 Timahoe Shark (4-6-1) 1.26 Chanceme Richi (6-5-3) 1.42 Duggies Stitch (nb) (3-1-2) 1.59 That Is It (3-5-4) 2.14 Swift Mandy (4-1-3)

■HOVE: 2.23 Seomra Pipp (3-5-6) 2.41 Southdowns Rose (5-3-2) 3.01 Slippy Donal (nap) (4-6-2) 3.19 Waste House Cyan (nb) (2-3-6) 3.38 Mad Mouse (4-3-1) 3.57 Punk Rock Zelda (4-3-2) 4.16 Leslies King (5-3-1) 4.34 Chisem Mike (4-3-5) 4.53 Boom Boom Bullet (6-1-3) 5.12 Inzane Sasha (2-6-3) 5.31 Tuono Dave (6-3-5) 5.49 Ashwood Shelby (5-1-2)

■SHEFFIELD: 2.29 Epic Command (4-5-2) 2.48 Headford Mason (2-6-3) 3.07 Betgoodwin Tutts (2-6-3) 3.26 Distant Fox (nap) (1-2-4) 3.44 So Its Strate (1-2-6) 4.03 Bangon Mrs Clock (5-1-6) 4.22 Sandwood Mia (2-6-4) 4.41 Selfless Flo (4-2-5) 4.59 Honey Trigger (1-2-3) 5.18 Trickys Nala (nb) (5-3-1) 5.37 Rapido Ana (3-2-4) 5.56 Quality Style (2-4-3)

■TOWCESTER: 2.36 Popmaster (3-5-6) 2.54 Spiridon Zelus (nap) (4-2-5) 3.13 Sals Simba (1-3-2) 3.32 Coffee Time Guys (nb) (2-1-3) 3.51 Harton Whirlwind (3-1-2) 4.09 Countess Penny (2-5-4) 4.28 Holding Hollie (1-4-3) 4.47 Romeo Astron (1-5-4) 5.06 Poly Styrene (2-4-1) 5.24 Ari Up (1-3-2) 5.43 Romeo Liberty (4-5-1) 6.02 Keefill Walker (2-3-5)

RETURNS

■MONMORE: 11.01 Only On Bale 11-4 (2-4-3 BAGS F £28.56 TC £100.91). 11.18 Hello Youngfella 11-8f (1-5-6 £14.55 TC £25.38). 11.34 Southwood Jake 9-4f (3-1-2 £13.50 TC £41.98). 11.52 Whisky Elsa 15-8 (2-5-6 £33.20). 12.09 Chuckies Angel 3-1 (5-2-4 £16.51 TC £37.49). 12.26 Aero Vigil 7-2 (DH 3rd 5-6-2 £23.78 TC £49.72, 5-6-3 TC £21.50). 12.42 Noduff Alpha 11-10f (3-1-2 £5.93 TC £19.37). 12.59 Darver Spark 11-4 (2-5-4 £12.84 TC £32.38). 1.17 Dunstein 11-4 (3-2-1 £18.98 TC £52.99). 1.33 Winterfield Jack 5-1 (1-3-5 £29.54 TC £203.09). 1.51 Rinn Soileir 3-1 (3-2-1 £26.42). 2.07 Aero Whisper 9-4f (5-1-2 £12.54 TC £27.45).

■ROMFORD: 11.09 Bubbly Cinders 11-1 (3-2-1 BAGS F £76.53). 11.27 Peteys Queen 5-4f (2-1-3 £5.37). 11.43 Aero Sasha 10-11f (1-3-4 £9.63 TC £38.31). 12.01 Colrose Diva 7-2 (6-5-3 £14.74). 12.18 Burgess Sharon 10-1 (1-2-3 £59.36 TC £204.50). 12.34 Lightfoot Jamie 6-4f (1-4-3 £6.86). 12.51 Catunda Steph 2-1f (4-1-3 £8.74). 1.08 Links Viper 5-2 (2-4-3 £25.75). 1.26 Itsur View 7-2 (2-1-5 £8.49). 1.42 Kingdom Tilly 9-2 (5-4-3 £39.58). 1.59 Didier Dogba 3-1 (2-4-5 £19.60 TC £49.04). 2.14 Yahoo Poppy 6-1 (5-1-2 £24.12).

■TOWCESTER: 2.18 Fabulous Martina 4-1 (2-6-3 BAGS F £35.78 TC £82.03). 2.38 Makeit Valentino 7-2 (1-2-4 £24.11). 2.58 Essjay Robin 5-6f (5-1-4 £5.28). 3.18 Ballyclearylinks 3-1 (3-4-2 £23.56). 3.38 Makeit Goofy 11-8f (1-5-2 £8.40). 3.58 Fabulous Trick 11-4 (2-5-3 £11.54). 4.18 Halli Young 11-2 (4-1-5 £27.25 TC £145.64). 4.38 Mulveys Champ 5-1 (2-4-5 £30.27). 4.58 Freyas Tiger 4-7f (2-5-4 £2.76). 5.18 Lion King 5-1 (3-2-4 £14.11). 5.36 Trumpers Derek 5-4f (1-3-6 £23.29). 5.55 Droopys Mikayla 3-1 (3-1-2 £14.65 TC £24.82).

■NEWCASTLE: 2.28 Mossend Dan 6-1 (3-4-6 BAGS F £21.13 TC £67.26). 2.48 Putya Foot Down 11-8f (4-2-1 £19.68). 3.08 Abbeyside Enda 12-1 (2-3-6 £26.00). 3.28 Iraolas The Boss 10-3 (2-5-6 £19.29 TC £106.96). 3.48 Millview Dake 6-5f (3-4-6 £6.94 TC £25.35). 4.08 Left Unread 11-4 (4-1-6 £7.29 TC £17.74). 4.28 Dakotas Renae 9-2 (5-6-1 £32.42 TC £200.42). 4.48 Emers Tyson 7-2 (2-6-1 £21.17 TC £61.44). 5.08 Anglesey Flight 2-1 (5-4-1 £26.29 TC £70.41). 5.24 Puckane Light 5-1 (2-1-5 £16.04 TC £43.41). 5.43 Amtheone 8-11f (2-1-6 £10.19 TC £45.45). 6.01 Ngumohaaa 4-1 (1-6-5 £12.86 TC £44.84).

thesun.co.uk/football

Sunday, August 30, 2026

Goals

PAPER APP ONLINE

BOARD OF WAITING . . . Reds subs stand by while fourth official Tim Robinson struggles with electronic board and (above) Alisson fouls Neco Williams during the delay

ANDONI'S SUB BLUB

Raging Reds boss blames '3-minute delay' by fourth official for Morg penalty strike

A MOANY IRAOLA . . . Reds boss fumed at subs hold-up before Forest won penalty

Liverpool.....2
Nottingham Forest.....2

By KEN LAWRENCE

ANDONI IRAOLA raged after a dodgy subs board delayed his changes — and cost Liverpool.

The Reds were locked at 1-1 with Nottingham Forest and Iraola was desperate to send three players on.

But he had to wait as the fourth official struggled to light up the numbers on the electronic board.

In that time the hosts conceded a penalty, which Morgan Gibbs-White scored to put Forest back in front with 20 minutes left.

Boss Iraola said: "It cannot take three minutes to put the board up.

"I was already angry because we

Turn to Page 2

thesun.co.uk/football

Goals

PAPER APP ONLINE

PREMIER LEAGUE

	P	W	D	L	F	A	Pts
Man City	2	2	0	0	6	2	6
Hull	2	2	0	0	3	0	6
Newcastle	2	1	1	0	4	2	4
Everton	2	1	1	0	3	1	4
Brighton	1	1	0	0	4	0	3
Arsenal	1	1	0	0	3	0	3
Brentford	1	1	0	0	3	0	3
Chelsea	1	1	0	0	3	2	3
Ipswich	1	1	0	0	2	1	3
Leeds	1	1	0	0	1	0	3
Liverpool	2	0	2	0	4	4	2
Bournemouth	2	0	1	1	2	3	1
Nottm Forest	2	0	1	1	2	3	1
Fulham	1	0	0	1	2	3	0
Sunderland	1	0	0	1	1	2	0
Man Utd	1	0	0	1	0	2	0
Aston Villa	1	0	0	1	0	4	0
Coventry	2	0	0	2	0	4	0
Crystal Palace	2	0	0	2	1	6	0
Tottenham	2	0	0	2	0	5	0

BLUB

From Page 1

couldn't do it in the previous stoppage either. I still don't know the reason. I think he was having some problems with the board or something."

During the delay to the substitutions, Forest's new striker Liam Delap took a quick throw and Liverpool keeper Alisson fouled Neco Williams in the box.

An angry Alisson *(below)* is believed to have kicked the subs board as he stormed down the tunnel at full-time.

To make matters worse, replays suggested Delap — himself a 66th-minute sub — may not have had both feet on the ground when he took the throw.

The hosts hit back when Victor Munoz levelled with eight minutes left.

But Iraola has now taken only two points from his first two games and Liverpool are winless in six Prem matches.

Forest, looking for a third straight win at Anfield, could have been out of sight before the break.

Iraola said: "This was not the result we wanted. We were very poor first half but afterwards the intensity was better.

"We didn't defend long throws well, the feeling I have was we were poor and not good enough."

Alexander Isak got the first of Liverpool's equalisers after Dan Ndoye gave Forest the lead.

Oliver Glasner hailed the result after defeats to Leeds in the Prem and Carabao Cup.

The new Forest boss said: "We had lost a bit of confidence but we have an amazing collective and the players showed belief."

LIVERPOOL striker Alexander Isak fired a seventh Prem goal against Nott'm Forest — his joint most against an opponent along with Tottenham Hotspur.

Can't buy MUNOZ GRABS 2ND DRAW AS

By KEN LAWRENCE

VICTOR MUNOZ produced a stunning late equaliser to save Andoni Iraola from an unwanted record.

The Basque was in danger of becoming the first Liverpool boss to lose his first home game in charge in the Premier League era.

The curse of Nottingham Forest – winners on their previous two visits to Anfield – looked like striking again as they twice went ahead through Dan Ndoye and Morgan Gibbs-White.

But after last week's 2-2 draw at Newcastle, Iraola was forced to settle for a share of the spoils after Alexander Isak came awake for their first and Munoz earned Liverpool a point.

Like at St James' Park, the Reds equalised twice with the ex-Bournemouth boss still to see his new side go ahead.

New Liverpool vice-chairman Amit Bhatia – part of a consortium that has bought into the club – watched the game with principal owner John W Henry.

While Paris Saint-Germain winger Bradley Barcola is arriving for £123million, new co-owner Bhatia saw other investment needs as Liverpool struggled to cope with Forest's bright attacks.

In contrast, Liverpool looked sluggish from the start.

Cody Gakpo appeared sleepy when Alexis Mac Allister fired an excellent ball into his feet – a millisecond of hesitation allowing their impressive former wing-back Neco Williams to clear.

Oliver Glasner's Forest reign had started in underwhelming fashion – Leeds having won 1-0 at the City Ground in the league before returning to triumph 2-0 in the Carabao Cup in midweek.

But they looked the livelier side here and it needed a brilliant block from Jeremy Jacquet to deny Igor Jesus from close range after Ola Aina's looping cross caused panic. Centre-back Jacquet, 21, was there again to block from the Brazilian before Ndoye floated a far-post header just wide.

Liverpool.....2
Isak 60; Munoz 82
N Forest.....2
Ndoye 24; Gibbs-White (pen) 70

When Forest took a 24th-minute lead it was thoroughly deserved.

Goalkeeper Matz Sels punted the ball 80 yards, Jesus held the ball up and Gibbs-White flicked it on for Ndoye to rifle a 20-yard shot past keeper Alisson.

The fine finish was Swiss World Cup star Ndoye's first Prem goal since the opening day of **LAST** season.

The defending was schoolboy stuff while Dominik Szoboszlai and Mac Allister were run ragged in midfield.

There is rightly joy at the marquee signing of Barcola *(above)*.

But Arne Slot lost his job last season mainly because of poor defending and similar midfield formations that offered no cover.

It feels that Liverpool have missed a trick in failing to move for a midfielder who can guard the back door like Elliot Anderson, who joined Manchester City from Forest for £116million, or even Carlos Baleba, signed by Manchester United from Brighton this week for an initial £65m.

Liverpool badly needed a spark and Florian Wirtz thought he had provided it in the 32nd minute.

The German span in the box before planting a fine strike beyond Sels.

However, VAR Michael Oliver chalked it off, ruling Jeremie Frimpong had strayed marginally offside in setting up the chance.

Wirtz then saw a fine header dealt with equally well by Sels.

Otherwise, the hosts created little in the first half with Isak starved of service but also too passive.

At the other end, there was more carnage in front of the Kop and Liverpool would have gone in at the break 2-0 behind but for Alisson's world-class reflexes.

Aina, a constant source of trouble, jinked into the box and Jesus put his full weight behind the strike, only for Alisson somehow to palm it on to the bar.

DAN DARE . . . Ndoye lashes Forest into a first-half lead

MATCH STATS

LIVERPOOL		NOTTM FOREST
13	SHOTS	12
4	SHOTS ON TARGET	3
70%	POSSESSION	30%
626	PASSES	280
556	COMPLETED PASSES	192
21	TOUCHES IN OPP BOX	23
3	CORNERS	5
13	FOULS CONCEDED	10
4/0	YELLOW/RED CARDS	2/0
	MATCH TIME: 99m 05s	
	BALL IN PLAY: 55m 11s	

MARK HALSEY
The whistleblower

LIVERPOOL were unhappy with Nottingham Forest's penalty — and there are TWO reasons they might feel hard done by.

Firstly, boss Andoni Iraola wanted to make a triple substitution but fourth official Tim Robinson didn't have the board ready.

It does take some time with one man operating two boards but he did look a bit flustered.

Then I think there could be a bit of controversy about whether the throw-in was taken in accordance with the law.

When a throw is taken you have to have both feet on the ground behind the line.

But new Forest striker Liam Delap looks like he has one foot in the air *(inset, right)*.

The throw is not conclusive but it is a big talking point.

Ref Sam Barrott got the actual penalty award right.

Alisson *(inset, left)* comes out, challenges Neco Williams and clearly makes contact.

VAR looked at it but they are not going to get involved with a subjective decision.

a Victor-y

KOP AWAIT £123M BARCOLA

With Ndoye outstanding and James McAtee showing his talent after making little impact in his first season at Forest, the visitors continued to cut through the defence.

So when the hosts levelled the scores with a magical equaliser on the hour it was out of keeping with what had gone before.

The creator was Gakpo, whose Anfield future is in doubt with the Dutchman a £69m target for Tottenham.

He brilliantly span away from Williams and Murillo before rolling a delightful ball across goal.

There at the far post was Isak – and with only his **NINTH** touch of the game, he could not miss.

The Swedish striker grabbed the ball, clenched a fist to the Kop and broke into a rare smile after only his fourth league goal since his British record £130m arrival from Newcastle a year ago.

That joy did not last long.

Liam Delap became Forest's own record buy this week when he arrived for an initial £45m from Chelsea.

And the striker – a 66th-minute replacement for Ndoye – quickly made an impact. His quick throw-in caught Liverpool napping and the unmarked Williams powered into the box.

Alisson charged out and clattered into the Welsh international, giving referee Sam Barrott an easy decision to point to the spot.

Gibbs-White decisively struck home the penalty to put Forest back in front with 20 minutes left.

Spain international Munoz, the first signing of the Iraola era, may not be quite as heralded as Barcola, having cost £34.5m from Osasuna in the summer.

But the 23-year-old came to the rescue with a spectacular equaliser to secure Liverpool a point with eight minutes left.

He spun on a smart ball from Wirtz into the box before rocketing home a right-footer off the underside of Sels' bar.

Relief for Iraola. But he will know that he got lucky for the second week in a row.

LIVERPOOL: Alisson, Frimpong (Gravenberch 71), Jacquet (Araujo 77), Van Dijk, Kerkez (Tsimikas 71), Szoboszlai, Mac Allister (Nyoini), Gakpo (Ngumoha 71), Wirtz, Munoz, Isak.

NOTTM FOREST: Sels, Jair Cunha, Milenkovic, Murillo, Aina (Netz 86), Schalger, McAtee (Hudson-Odoi 90), Williams, Gibbs-White, Ndoye (Delap 66), Jesus (Dominguez 90).

NEW OWNER . . . Bhatia and wife Vanisha with Reds supremo Henry and his wife Linda Pizzuti

IN THE VIC OF TIME . . . Munoz fires home as the hosts escape with a point

MOR PAIN . . . Gibbs-White sends Alisson the wrong way

ALEXANDER THE WAIT . . . Isak gets a rare goal

THE WEEK AHEAD

(3.0 unless stated)

TODAY

PREMIER LEAGUE

Chelsea v Brighton 2.0
Leeds v Brentford 2.0
Man Utd v Ipswich 4.30
Sunderland v Fulham 2.0

SKY BET LEAGUE ONE

AFC Wimbledon v Wigan 2.0
Mansfield v Luton .....

WILLIAM HILL SCOTTISH PREMIERSHIP

Aberdeen v Rangers 12.0
Dundee v Hibernian .....
St Mirren v Motherwell .....

TOMORROW

PREMIER LEAGUE

Aston Villa v Arsenal 8.0

ENTERPRISE NATIONAL - Boston Utd v Hornchurch, Carlisle v Scunthorpe, Eastleigh v Aldershot, Forest Green v Altrincham, Harrogate Tn v Gateshead, Kidderminster v Barrow, Solihull Moors v AFC Fylde, Sutton Utd v Wealdstone, Woking v Southend, Worthing v Boreham Wood, Yeovil v Tamworth.

ENTERPRISE NORTH - AFC Telford v Bedford Tn, Buxton v Merthyr Tn, Chester FC v Morecambe, Chorley v Brackley, Harborough Tn v Marine, King's Lynn Tn v Scarborough Athletic, Macclesfield FC v Hebburn Tn, Radcliffe v Darlington, South Shields v Spalding Utd, Southport v Hereford FC, Spennymoor Tn v Hednesford Tn, Worksop Tn v Oxford City.

ENTERPRISE SOUTH - Braintree Tn v Farnborough, Chesham Utd v Dover, Dag & Red v Slough, Dorking Wanderers v Truro City, Farnham Tn v Torquay, Folkestone Invicta v Hemel Hempstead, Hampton & Richmond v Maidstone Utd, Maidenhead Utd v AFC Totton, Salisbury FC v Billericay, Tonbridge Angels v Walton & Hersham, Weston-S-Mare v Chelmsford.

ISTHMIAN PREMIER - Brentwood Tn v Maldon & Tiptree, Cheshunt v St Albans, Cray Wanderers v Welling, Dartford v Chatham Tn, Leatherhead v Dulwich, Lewes v Eastbourne Borough, Ramsgate v AFC Whyteleafe, Stanway Rovers v Aveley, Three Bridges v Carshalton Ath, Whitehawk v Burgess Hill Tn, Wingate & Finchley v Enfield Town.

NORTHERN PREMIER - Curzon Ashton v Ashton Utd, Emley AFC v Guiseley, FC United of Manchester v AVRO, Gainsborough Trinity v Cleethorpes Tn, Hyde Utd v Bury FC, Ilkeston Tn v Quorn, Lancaster City v Workington, Stockton Tn v Redcar Athletic, Warrington Rylands v Bamber Bridge, Whitby Tn v Alfreton Tn.

SOUTHERN PREMIER CENTRAL - Anstey Nomads v Banbury Utd, Bishop's Stortford v Hitchin Tn, Bury Tn v Leiston, Kettering v Stamford, Needham Market v Peterborough Sports, Racing Club Warwick v Stratford Tn, Real Bedford v Leighton Tn, Redditch Utd v Halesowen Tn, Rushall Olympic v Alvechurch, Worcester City v Bromsgrove Sporting.

SOUTHERN PREMIER SOUTH - Basingstoke Tn v Bracknell Tn, Berkhamsted v Hanwell Tn, Chichester City v Havant and W, Frome Tn v Bath City, Gloucester v Evesham Utd, Hanworth Villa v Chertsey Tn, Malvern Tn v Chippenham, Plymouth Parkway v Poole Tn, Sholing v Gosport Borough, Uxbridge v Wimborne Tn, Yate Tn v Taunton Tn.

WELSH PREMIER - Airbus UK Broughton v Holywell Tn (2.30), Ammanford v Cardiff Met Uni (2.30), Briton Ferry v Barry Tn United (2.30), Caernarfon Tn v The New Saints FC, Cambrian United v Penybont (2.30), Colwyn Bay v Llanduno (5.15), Flint Tn v Connah's Quay Nomads (2.30), Haverfordwest County v Trefelin BGC (2.30).

(7.45 unless stated)

TUESDAY

SKY BET CHAMPIONSHIP

Birmingham v Southampton .. 8.0
Lincoln City v Blackburn .....
Portsmouth v Derby .....
Preston v Bristol City .....
Sheff Utd v Bolton .....
Stoke v Norwich 8.0
Swansea v Watford .....
West Ham v Wolves .....

SKY BET LEAGUE ONE

Bradford v Cambridge Utd .....
Bromley v Leyton Orient .....
Doncaster v Notts County .....
Huddersfield v Oxford Utd .....
Leicester v Plymouth .....
Peterborough v Stevenage .....
Wycombe v Sheff Wed .....

SKY BET LEAGUE TWO

Accrington v Grimsby .....
Bristol Rovers v Colchester .....
Cheltenham v York .....
Chesterfield v Gillingham .....
Crewe v Walsall .....
Exeter v Barnet .....
Fleetwood Town v Oldham .....
Northampton v Crawley Town ...
Rochdale v Shrewsbury .....
Salford City v Newport County ...
Swindon v Port Vale .....
Tranmere v Rotherham .....

KDM EVOLUTION TROPHY - Stranraer v Celtic U21.

ENTERPRISE NATIONAL - FC Halifax v Hartlepool.

NORTHERN PREMIER - Leek Tn v Warrington Tn.

SOUTHERN PREMIER CENTRAL - Stourbridge v Leamington.

WEDNESDAY

SKY BET CHAMPIONSHIP

Burnley v Middlesbrough 8.0
Millwall v Wrexham .....
QPR v Cardiff .....
West Brom v Charlton .....

SKY BET LEAGUE ONE

Barnsley v Blackpool .....
Burton Albion v AFC Wimbledon .
Luton v Stockport County .....
Reading v Mansfield 8.0
Wigan v MK Dons .....

WILLIAM HILL SCOTTISH PREMIERSHIP

Celtic v Aberdeen .....
Dundee v St Johnstone .....
Falkirk v Rangers 8.0
Kilmarnock v St Mirren .....
Motherwell v Dundee Utd .....

EFL TROPHY NORTHERN GROUP H - Doncaster v Liverpool (7.0).

THURSDAY

WILLIAM HILL SCOTTISH PREMIERSHIP

Hibernian v Hearts .....

FRIDAY

PREMIER LEAGUE

Ipswich v Liverpool 8.0

WOMEN'S SUPER LEAGUE

London City v Man Utd 7.0

WILLIAM HILL CHAMPIONSHIP - Livingston v Stenhousemuir (7.30).

ENTERPRISE NATIONAL - Altrincham v Eastleigh.

WELSH PREMIER - Briton Ferry v Airbus UK Broughton, Caernarfon Tn v Flint Tn United, Cardiff Met Uni v Cambrian United, Connah's Quay Nomads v Haverfordwest County, Holywell Tn v Trefelin BGC, Llandudno v Ammanford.

(3.0 unless stated)

SATURDAY

PREMIER LEAGUE

Brentford v Sunderland .....
Brighton v Leeds .....
Fulham v Crystal Palace .....
Hull v Aston Villa 5.30
Man City v Coventry .....
Newcastle v Bournemouth . 12.30
Nottm Forest v Tottenham .....

SKY BET CHAMPIONSHIP

Burnley v Bristol City .....
Lincoln City v Southampton 12.30
Millwall v Bolton .....
Portsmouth v Cardiff .....
Preston v Blackburn 12.30
QPR v Middlesbrough .....
Sheff Utd v Norwich .....
Stoke v Charlton 12.30
Swansea v Wrexham 8.0
West Brom v Watford .....
West Ham v Derby .....

SKY BET LEAGUE ONE

Barnsley v Stevenage .....
Bradford v Mansfield .....
Burton Albion v Cambridge Utd ..
Doncaster v Plymouth .....
Huddersfield v Notts County .....
Leicester v Oxford Utd .....
Luton v Leyton Orient .....
Peterborough v Sheff Wed 12.30
Reading v Blackpool .....
Wigan v Stockport County . 12.30
Wycombe v MK Dons .....

SKY BET LEAGUE TWO

Accrington v Crawley Town .....
Bristol Rovers v Rotherham .....
Cheltenham v Grimsby .....
Chesterfield v Barnet .....
Crewe v York .....
Exeter v Walsall .....
Fleetwood v Shrewsbury 12.30
Northampton v Newport County .
Rochdale v Gillingham .....
Salford City v Port Vale 12.30
Swindon v Colchester .....
Tranmere v Oldham .....

WOMEN'S SUPER LEAGUE

Chelsea v Aston Villa 12.30

WILLIAM HILL SCOTTISH PREMIERSHIP

Aberdeen v Kilmarnock .....
Dundee Utd v Falkirk .....
Rangers v Motherwell .....
St Mirren v Celtic 8.0

WILLIAM HILL CHAMPIONSHIP - Arbroath v Dunfermline, Inverness CT v Raith, Partick v Ayr, Queen's Park v Morton.

WILLIAM HILL LEAGUE ONE - Cove Rangers v Alloa, East Fife v Ross County, East Kilbride v Hamilton, Peterhead v Montrose, Queen of South v Airdrieonians.

WILLIAM HILL LEAGUE TWO - Clyde v Edinburgh City, Dumbarton v Elgin, Forfar v Stranraer, Kelty Hearts v Annan Athletic, Stirling v Spartans.

ENTERPRISE NATIONAL - AFC Fylde v Worthing, Aldershot v FC Halifax (12.30), Barrow v Sutton Utd, Boreham Wood v Carlisle (5.30), Gateshead v Solihull Moors, Hartlepool v Woking, Hornchurch v Forest Green, Scunthorpe v Harrogate Tn, Southend v Yeovil (12.30), Tamworth v Boston Utd, Wealdstone v Kidderminster.

ENTERPRISE NORTH - Bedford Tn v Radcliffe, Brackley v Harborough Tn, Darlington v King's Lynn Tn, Hebburn Tn v Chester FC, Hednesford Tn v South Shields, Hereford FC v Spennymoor Tn, Marine v Worksop Tn, Merthyr Tn v Macclesfield FC, Morecambe v Buxton, Oxford City v Chorley, Scarborough Athletic v AFC Telford, Spalding Utd v Southport.

ENTERPRISE SOUTH - AFC Totton v Hampton & Richmond, Billericay v Dorking Wanderers, Chelmsford v Salisbury FC, Dover v Maidenhead Utd, Farnborough v Tonbridge Angels, Hemel Hempstead v Farnham Tn, Horsham v Dag & Red, Maidstone Utd v Weston-S-Mare, Slough v Braintree Tn, Torquay v Folkestone Invicta, Truro City v Chesham Utd, Walton & Hersham v Ebbsfleet United.

WELSH PREMIER - Penybont v Colwyn Bay (12.30), The New Saints v Barry (5.15).

SUNDAY

PREMIER LEAGUE

Everton v Man Utd 2.0
Arsenal v Chelsea 4.30

SKY BET CHAMPIONSHIP

Birmingham v Wolves 12.0

WOMEN'S SUPER LEAGUE

Brighton v Arsenal 12.0
Tottenham v West Ham 12.0
Charlton v Liverpool 2.0
Crystal Palace v Everton 2.0
Man City v Birmingham City . 2.30

WILLIAM HILL SCOTTISH PREMIERSHIP

St Johnstone v Hibernian .....
Hearts v Dundee .....

MONDAY

SKY BET LEAGUE ONE

Bromley v AFC Wimbledon 8.0

MILLAR'S THRILLER

Tiger is Sky Blues party pooper

Coventry.....0
Hull.....1
Millar 82

By JOSHUA HALL

SUB Liam Millar spoiled the Coventry Prem party as Hull continued their shock perfect start to the season.

Sky Blues fans had waited 25 years to see their team play a home game in the top flight again but this will have felt like Championship ground-hog day.

Frank Lampard's side have won just **ONE** of their last **TEN** league meetings against Hull, with both of last season's games ending 0-0.

The Tigers already had their home Prem return last week, utilising an electric atmosphere at the MKM Stadium to pull off a surprise 2-0 victory over Manchester United.

It meant they came into this match riding high and with a nosebleed sat in fifth place in the table – having started the campaign as strong relegation favourites.

And Millar's tidy finish helped them to build on that surprise start to register another crucial three points for Sergej Jakirovic's boys.

Coventry fans will have been hoping for a heavyweight clash to whet the appetite and give them a taste of what it is like to have the big leagues back in their house for the first time since 2001.

Their 3-0 thrashing at champions Arsenal on the opening day was a baptism of fire that not many travelling fans got to experience.

But the packed out Coventry Building Society Arena will want to forget every second of what they saw against a fellow promoted outfit.

The Sky Blues had drummed up an impressive pre-match atmosphere of their own, with fans arriving at the stadium to get on the beers some three hours before kick-off.

And a hair-raising rendition of We'll Live and Die in These Towns by The Enemy really got the home support in the mood. But what followed did not live up to the hype.

Lampard's men were arguably the better side for most of the game, but never truly looked like coming away with anything.

Striker Taiwo Awoniyi, fresh off the back of his first Coventry goal against Plymouth in the Carabao Cup in midweek, threatened early on.

The £9million buy from Nottingham Forest slapped Jack Rudoni's slide-rule pass goalwards but a block saw the effort deflect wide.

Loum Tchaouna and Aurele Amenda were also desperate to score Coventry's first goal back in the Premier League but both fired speculative efforts well over the bar.

Hull offered some threat of their own, mainly through Elliot Stroud, who had some bright moments down the left flank for the Yorkshire club.

The Swede thought he had won a penalty after 24 minutes, tumbling to the ground under contact from Bobby Thomas in the box.

But referee Josh Smith was confident the challenge was shoulder-to-shoulder and waved play straight on.

Coventry's best chance came when Hull defender Nobel Mendy's attempt to head away a cross landed in the lap of Awoniyi.

The deflection took Awoniyi by surprise, who jerked his thigh towards the ball and forced a last ditch save from Tigers keeper Konstantinos Tzolakis.

But, despite Coventry having the better of it, it was the visitors who finally found the breakthrough late on in the second half.

Millar found himself one-on-one with Coventry stopper Carl Rushworth after a sensational throughball from Mohamed Belloumi.

The Canadian remained calm and tucked it past Rushworth to send the travelling fans wild and pile more misery on the hopeful home crowd.

Millar had done incredibly well to remain cool having just fluffed an almost identical chance moments before. The former Liverpool academy ace scuffed a one-on-one effort wide of a post that had come from a pass from Scottish striker Oli McBurnie just a few minutes earlier.

It is nine months too early to suggest this was a relegation scrap but it would be entirely unsurprising to see both sides fighting for survival come May.

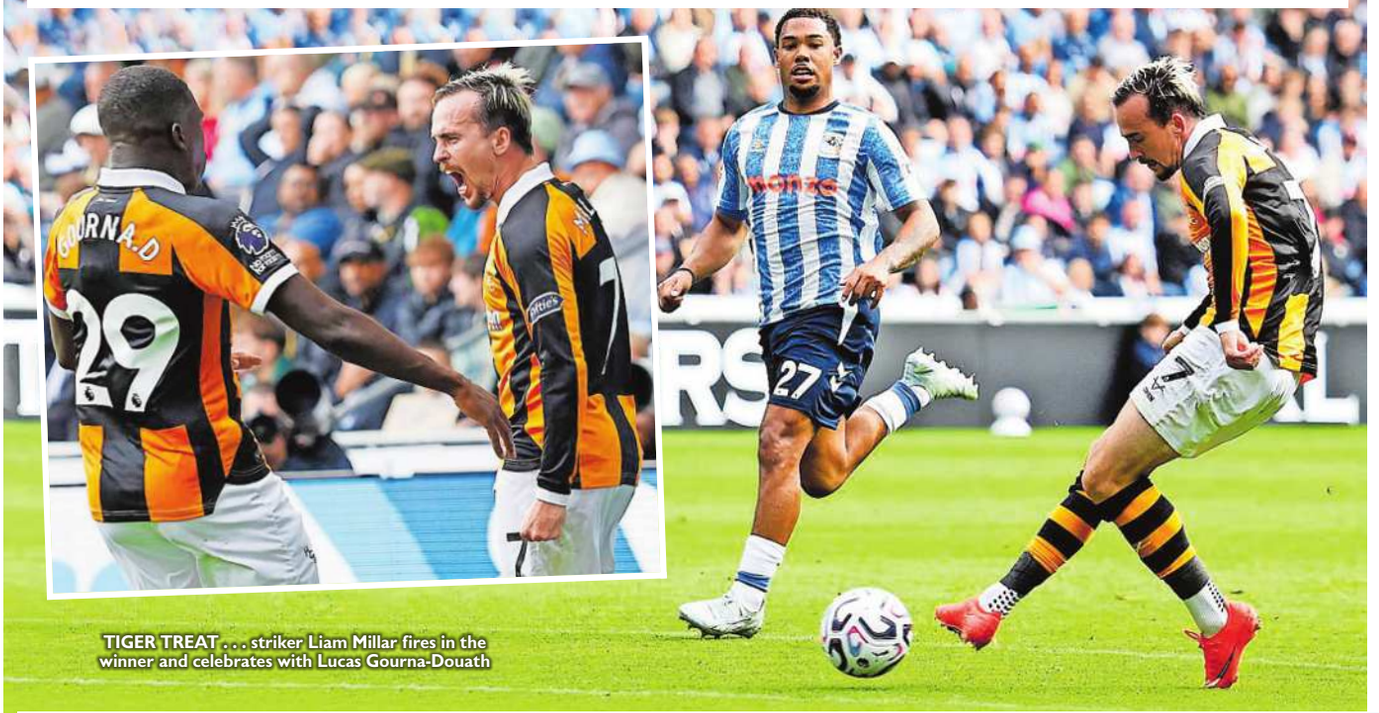
And three points for Hull away from home could prove to be gold dust when the season gets down to the nitty-gritty.

Lampard's Coventry, meanwhile, will have seen this as a game they should have won.

And with a trip to Manchester City just six days away, the Sky Blues are surely going to need a miracle if they want to register even a first Prem point at the Etihad.

HOW THEY LINED UP

COVENTRY: Rushworth, Dasilva, Amenda, Van Ewijk, Thomas (Pinnock 78), Grimes, Yirenkyi (Torp 71), Mason-Clark (Thomas-Asante 58), Rudoni (Hamer 71), Tchaouna (Sakamoto 59), Awoniyi.
HULL: Tzolakis, Giles, Mendy (Herrington 59), Egan, Ajayi, Coyle (Drameh 46), Stroud (Millar 59), Morita (Gourna-Douath 46), Slater, Belloumi (Cho 83) McBurnie.



TIGER TREAT . . . striker Liam Millar fires in the winner and celebrates with Lucas Gourna-Douath

McBURNIE . . . praise

Hits and misses for Liam

By JOSHUA HALL

OLI MCBURNIE hailed Liam Millar for showing "massive b****s" as Hull continued their dream start back in the Prem.**

Millar's 82nd-minute winner made it two wins out of two without conceding a goal — after also shocking Manchester United last week.

Sub Millar earned praise from team-mate McBurnie for burying a late winner shortly after fluffing a similar opportunity.

McBurnie said: "He was disappointed with the first one and then showed massive, massive b****s to score the second one.**

"As a striker, it's not the chance you want when you've just missed — where you're running with it for 40 yards and have to think about your shot.

"You've got too much time to think. You almost want an instinctive one you can just pass in.

"He showed really, really big balls to go and finish it and I am really delighted for Liam."

Hull's start has made a mockery of those who tipped them to challenge Derby's record low Prem points haul of 11.

McBurnie joked: "To say we are the worst team in Premier League history, it is not a bad start!"

It put a dampener on hosts Coventry's first top-flight game for 25 years.

And boss Frank Lampard reckons the pressure of the historic return to the Prem made his players nervous ahead of kick-off.

Coventry lost their opening game 3-0 at champions Arsenal.

Asked if he could sense the edginess, Lampard said: "Yeah, maybe, and I don't like the excuse of it.

"Last week that was a very valid excuse because of the level of opposition.

"We shouldn't use that as an excuse today. It's a game against a team we played last year twice.

"Obviously we finished a lot of points above them but these things mean nothing and the Premier League will give that edge.

"We have to get used to that quickly."

thesun.co.uk/football
Goals
PAPER APP ONLINE

MOST MILES COVERED

Coventry	Matt Grimes	7.3
Hull	Regan Slater	7.2

MOST SPRINTS

Coventry	Milan van Ewijk	17
Hull	Mohamed Belloumi	15

MATCH STATS

COVENTRY		HULL
11	SHOTS	6
3	SHOTS ON TARGET	2
69%	POSSESSION	31%
570	PASSES	262
490	COMPLETED PASSES	176
21	TOUCHES IN OPP BOX	13
6	CORNERS	2
11	FOULS CONCEDED	8
1/0	YELLOW/RED CARDS	4/0
	MATCH TIME: 97m 04s	
	BALL IN PLAY: 55m 20s	

HULL OF A STAT

HULL are the fourth promoted team to win their opening two games of a Prem season, with the Tigers accounting for half of them.

PROMOTED TEAMS WINNING OPENING TWO PREM GAMES

2001-02	**BOLTON**	
Aug 18	Leicester (a)	W 5-0
Aug 21	Middlesbro (h)	W 1-0
2016-17	**HULL**	
Aug 13	Leicester (h)	W 2-1
Aug 16	Swansea (a)	W 2-0
2017-18	**HUDDERSFIELD**	
Aug 12	C Palace (a)	W 3-0
Aug 20	Newcastle (h)	W 1-0
2026-27	**HULL**	
Aug 22	Man Utd (h)	W 2-0
Aug 29	Coventry (a)	W 1-0

COVENTRY boss Frank Lampard has won only one of his last 19 games in the Prem (D4 L14), and has not seen his side keep a clean sheet at this level for 18 consecutive matches with 37 conceded.

thesun.co.uk/football

Goals

PAPER APP ONLINE

MOST MILES COVERED
Bournemouth Adrien Truffert 7.1
Everton Kiernan Dewsbury-Hall 6.9

MOST SPRINTS
Bournemouth Adrien Truffert 38
Everton Harrison Armstrong 19

MATCH STATS

BOURNEMOUTH		EVERTON
17	SHOTS	13
5	SHOTS ON TARGET	7
59%	POSSESSION	42%
444	PASSES	312
366	COMPLETED PASSES	241
28	TOUCHES IN OPP BOX	18
10	CORNERS	7
11	FOULS CONCEDED	14
3/0	YELLOW/RED CARDS	2/0

MATCH TIME: 97m 08s
BALL IN PLAY: 51m 20s

HOME, JAMES

TWO of James Tarkowski's last four Prem goals have been equalisers scored after the 90th minute.

TARKOWSKI'S LAST FOUR PREM GOALS

FEB 12 2025	MAR 3 2026	MAY 10 2025	AUG 29 2025
Liverpool (h) D 1-1	Burnley (h) W 1-1	C Palace (a) D 2-2	Bournemouth (a) D 1-1
97m 08s	31m 49s	5m 07s	90m 52s

200

JAMES GARNER made his 200th league appearance, with 114 coming for current club Everton, 64 for Nottm Forest, 20 for Watford and two for Manchester United.

VET'S IN PRACTICE . . . Everton stalwart James Tarkowski fires in his last-gasp equaliser before enjoying the moment with team-mates (left)

Tar very much

TOFFEES PUNISH SCOTT 'N CO

By GRAHAM NICKLESS

JAMES TARKOWSKI denied Marco Rose his first Premier League win as Bournemouth boss after Alex Scott's timely reminder to Thomas Tuchel.

Last Sunday, Bournemouth conceded a 91st-minute winner at Manchester City.

This time around, Everton defender Tarkowski lashed the ball into the far corner a minute into injury time to rescue a point.

Scott's deflected 41st-minute strike had looked set to claim all three points for the Cherries, while giving England boss Tuchel more food for thought.

Manchester City and Chelsea have been strongly linked with Scott this summer.

But the midfielder will enjoy Europa League football this season with the South Coast minnows – who have made it clear he is not for sale.

Toffees' 33-year-old veteran Tarkowski ruined Scott's day to maintain the Scousers' unbeaten start to the season after Ryan Christie and Marcus Tavernier got in each other's way trying to clear a corner.

If Scott is staying put, Tarkowski's team-mate Iliman Ndiaye was certainly putting himself in the shop window.

City are also said to be ready to hand over £80million for Everton's Senegal star, 26.

And Ndiaye was in the mood to show his true worth right from kick-off at the Vitality.

One solo run had the hosts back-peddling before Thierno Barry's shot was cleared and

Bournemouth.....1
Scott 41
Everton.....1
Tarkowski 90

then Ndiaye nearly opened the scoring in the 17th minute. His low shot was just creeping inside the far post before keeper Djordje Petrovic dived to his right to push it away.

But the visitors were not having it all their own way.

Four minutes before Ndiaye's attempt, England No1 Jordan Pickford had to be at his best to punch clear Scott's wind-assisted in-swinging corner.

And moments later he had to defend his near post with his legs to deny Bournemouth taking the lead through winger Rayan.

Petrovic then made a double save to keep out the Toffees, who were buoyed by back-to-back wins against Crystal Palace last Saturday and then a 4-0 drubbing of Preston in the second round of the Carabao Cup.

Tyrique George's shot bounced up and hit the Serbian stopper in the chest but Petrovic recovered well to keep out Barry's follow-up.

That was a big blow for Frenchman Barry, who grabbed a hat-trick against North End on Wednesday after also scoring in the 2-0 win at home to Palace.

But this ding-dong contest swung the Cherries' way four minutes before half-time. Evanilson raced on to Rayan's pass, sidestepped two defenders and laid on the perfect pass for Scott.

He steadied himself before driving in a shot that deflected off Vitaliy Mykolenko's outstretched leg and over Pickford's dive.

Everton chief David Moyes was furious in the 55th minute when striker Kiernan Dewsbury-Hall went down in the box.

It looked clear from one TV angle that defender James Hill had clipped the back leg of KDH – but VAR backed ref Chris Kavanagh's verdict of no penalty.

The ever-reliable Pickford made two good saves to deny Rayan and then had to fist clear from Scott's cross.

Evanilson headed the ball back into the box and the Pickford punched it clear again.

Sub Beto appeared to sum up the Toffees' day when he sliced a shot yards wide – much to the delight of the home supporters.

Pickford and his defenders were fighting to the last, with lunging blocks by Mykolenko to deny Rayan and Scott.

The Vitality gave Scott a standing ovation when he was substituted after 87 minutes.

And he would have been gutted to see his replacement Christie involved in the blunder that saw Everton snatch their late leveller.

HOW THEY LINED UP

BOURNEMOUTH: Petrovic, Truffert, Silva, Hill, Smith, Scott (Christie 87), Cook (Adams 69), Tavernier, Kluivert (Brooks 81), Rayan, Evanilson (Rodriguez 81).
EVERTON: Pickford, Mykolenko, Branthwaite, Tarkowski, Rohl (Iroegbunam 87), Garner (Hackney 62), Armstrong (Alcaraz 87), George (Johnson 62), Dewsbury-Hall, Ndiaye, Barry (Beto 70).

GOOD TO TALK . . . scorer Scott did his trademark phone celebration

ARMSTRONG . . . bid

Fans up in Arms at deal

By GRAHAM NICKLESS

EVERTON fans threatened to RIOT if the club sells Harrison Armstrong.

Nottingham Forest are ready to pay £40million for the 19-year-old midfielder, who played 87 minutes of yesterday's draw at Bournemouth.

Travelling Toffees fans repeatedly sang: "Don't sell Armstrong, Harrison Armstrong, I just don't think you understand . . . if you sell Armstrong, Harrison Armstrong, you're going to have a riot on your hands."

Boss David Moyes indicated the decision on whether to sell the academy product is not his.

He looked uncomfortable revealing an offer had been received and said: "It's a club decision.

"We don't want to lose Harrison. I have been saying quite a lot that we need to add to the squad.

"We are not strong squad-wise at the moment but I don't want to talk too much about it."

Moyes also suggested the board should take notice of the fans' views.

He added: "You always have to consider what the supporters are saying. They are not always wrong.

"If I had a message for the fans it's that the manager is an Evertonian!"

Moyes felt the rigours of beating Preston 4-0 in the Carabao Cup on Wednesday took its toll.

But James Tarkowski snatched an equaliser after Bournemouth pair Marcus Tavernier and Ryan Christie bumped into each other.

The Scot added: "In the end it's a good point away from home because we put in some amazing blocks in the second half."

Cherries boss Marco Rose suffered injury-time heartbreak again after their 2-1 defeat at Manchester City last weekend.

The German said: "It was just an unlucky goal — slapstick for me.

"The players were just trying to clear the ball. It was a bad goal to give away — but that's life.

"I saw total effort and attitude from our lads."

thesun.co.uk/football
Goals
PAPER APP ONLINE

HAMMER HORROR

A WORRYING stat omen for winless West Ham is the last two sides who have finished 18th in the Premier League — Luton (2023-24) and Leicester (2024-25) have gone on to be relegated the following season in the Championship.

CHAMPIONSHIP
2024-25
LUTON

POINTS AFTER THREE GAMES	1
LGE POSITION	23rd
FINAL POSITION	22nd (R)

2025-26
LEICESTER

POINTS AFTER THREE GAMES	6
LGE POSITION	7th
FINAL POSITION	23rd (R)

2026-27
WEST HAM

POINTS AFTER THREE GAMES	2
LGE POSITION	19th
FINAL POSITION	N/A

CHAMPIONSHIP MOSTS 2026-27

GOALS
4 Will Lankshear (Middlesbrough) /Cyle Larin (Southampton)

TOUCHES
325 Joel Bagan (Cardiff)

PASSES
268 Luke Ayling (Middlesbrough)

MOST SHOTS
14 Cyle Larin (Southampton)

MOST SHOTS ON TARGET
7 Cyle Larin (Southampton)

MOST SAVES
16 George Wickens (Lincoln)

MOST TOUCHES IN OPP BOX
21 Cyle Larin (Southampton), Will Lankshear (Middlesbrough) and Josh Coburn (Millwall)

MOST FOULS CONCEDED
15 Freddie Draper (Lincoln City)

TOM SHAW'S Lincoln recorded their first victory in the second tier since 1961 at home to Orient (2-0), and first away win at the level since 1960 at Southampton (3-2).

JI-SUNG . . . doubles lead

Eustace backs boos

Derby.....0
Swansea.....3

By GRAHAM HILL

JOHN EUSTACE had no problem with Derby fans booing his side off after a crushing home defeat.

Joseph Opoku took less than two minutes to give Swansea the lead with Eom Ji-sung and Brazilian sub Ronald also on target.

Keeper Jacob Zetterstrom saved the Rams from further humiliation with **NINE** saves.

Eustace fumed: "It was an unacceptable performance. I take responsibility. I pick the team and decide the tactics."

"The body language of a couple of players wasn't great.

"I understand the fans' reaction. The performance wasn't good enough."

Pisa striker Henrik Meister watched from the stands and Eustace hopes to seal a deal for the 22-year-old after Ben Brereton-Diaz chose to join Sheffield United instead.

He added: "Swansea, have spent a lot of money and are building properly. When you do that, you get rewards."

The visitors had 12 shots on target and 31 touches in Derby's box.

Boss Vitor Matos said: "We feel we did a good job and it was a moment to enjoy.

"We need to improve small things but the energy and desire is nice to see."

MORGAN . . . got equaliser

SH

DEADLY W the Rivers with two mo

And defen marked his lengthy inju points for M

But West Morrison — favourite — the official Lankshear's

Lankshear just after th Whittaker's

POUR OLD

Hammers boss takes pelters in the pelting rain after new flop

Watford.....1
West Ham.....1

By GARETH DAVIES

WEST HAM fans took out their anger on boss Nuno Espirito Santo as his team's stuttering start hit another low.

Hammers needed a sloppy own-goal from Watford to take a point from rainswept Vicarage Road and are still without a league win in three attempts.

The furious 2,200-strong travelling support taunted Nuno at the end with chants of 'You'll get the sack in the morning' – the first time he has had that treatment since taking over in September last year.

Noticeably, the Portuguese coach was booed when he approached the away end after the final whistle, although the players who stayed behind were cheered.

Nuno said: "The fans are the most important part of our club and I respect them so much, so I understand everything.

"I respect every opinion. I just ask again keep believing, keep trusting us and we'll try to revert it.

"A win must come – hopefully, on Tuesday at the London Stadium. We need it.

"Pressure is on us every day. We are a big club and we are favourites to go up.

"We have two points from three games, so who's happy?

"But me, I believe. I trust my boys and I work very hard with them.

"We are building a team and things will change. I'm positive."

If West Ham do make it back to the Premier League at the first attempt, they should send a bottle of champagne to Kevin Keben in thanks for a point that could prove crucial in the final reckoning.

The Watford centre-back dallied and dithered to open the way to one of the silliest, sloppiest own-goals of the season after 27 minutes.

It was an incident that put the Hammers right back into the game at a time when they were looking distinctly uncomfortable.

The Hornets were leading thanks to a 19th-minute piece of magic from Amin Nabizada when Keben found himself under pressure from West Ham's Argentinian forward Taty Castellanos at the byline.

Instead of clearing into Row Z, poor Keben lost possession, goal-mouth chaos ensued and the mess ended with Keben's central defensive partner Mattie Pollock somehow being 'credited' with an own goal.

That was enough to deny Watford victory in a game the visitors dominated for long periods, only to fall flat in the final third.

Watford, for all their transfer window difficulties, are unbeaten in the league and boss Alessio Dionisi said: "One month ago, when we looked at the first three games against Southampton, Wrexham and West Ham, it looked terrible for us.

"But for me, every match is an opportunity for my team and now we have five points it feels better than a month ago.

"I believe in my team and I hope some new players will arrive.

"I don't know how many or when and I'm sure the club works hard for this. But it is impossible to play with only two centre-backs in every match."

Italian Dionisi, in just his fifth competitive match in England, was left glowing by 19-year-old Nabizada's spectacular opener.

The winger – born in the Midlands of Afghan descent – cut in from the left.

His footwork mesmerised Iron full-back Joel Veltman, before he floated the ball over visiting keeper Mads Hermansen and into the far top corner for his second goal of the

NABBED Watford's celebrates v slide (left) aft beat keeper

EAR PLEASURE

ill Lanksheart had
ide rocking again
re goals.
ader Alfie Jones
return from a
ry to seal the
iddlesbrough.
Brom boss James
a former Boro
was unhappy with
s for allowing
strikes.
scored his first
e break. Morgan
shot rattled the

Middlesbrough.....3
West Brom.....1

post and rebounded for Boro's summer signing from Tottenham to notch his sixth goal in five games.

Jimmy-Jay Morgan equalised for Baggies by heading in off the underside of the crossbar.

Lanksheart restored the hosts' lead by slotting home within eight minutes, then Jones made sure by turning in an effort from Luke Ayling.

Morrison said: "We can't give away silly goals but two were offside. I'm not going to complain too much — unless it keeps happening."

On £10million new man Lankshear, Boro boss Kim Hellberg said: "The boy is dangerous. I absolutely love working him.

"And I'm so happy for Alfie. He had not played since December so it was special."

O'HARE . . . on target

Wilder a Card shark

CHRIS WILDER was happy with a point on the road after watching Sheffield United get battered for much of the game.

Blades conceded within 80 seconds of the start before edging ahead with two goals in the next five minutes.

Promoted Cardiff levelled in the 38th minute and should have been out of sight by the end after firing in **TWENTY-EIGHT** shots, having 46 touches in the Blades box and ten corners.

Cardiff.....2
Sheffield Utd.....2

Boss Wilder said: "I have been in the Championship long enough not to get embarrassed by picking up a result like that.

"I think we were fortunate at times because they were the better team.

"I've been in that situation as well, a promoted team coming up and playing an established Championship team and they were the better side."

Cardiff struck through new signing Jack Moylan before Tom Cannon was fouled by Alex Robertson and slotted in the resulting spot-kick.

Callum O'Hare then fired the visitors in front but Cian Ashford levelled.

Bluebirds manager Brian Barry-Murphy said: "We're obviously disappointed not to have won."

O NUNO

MATCH STATS		
WATFORD		WEST HAM
16	SHOTS	13
5	SHOTS ON TARGET	1
38%	POSSESSION	62%
302	PASSES	498
234	COMPLETED PASSES	420
20	TOUCHES IN OPP BOX	23
3	CORNERS	11
10	FOULS CONCEDED	7
3/0	YELLOW/RED CARDS	1/0
MATCH TIME: 94m 10s		
BALL IN PLAY: 52m 32s		

ONE . . .
Nabizada
with a knee
er his effort
Hermansen

HAMMER BLOW . . . boss Nuno is still seeking his first league victory

d season after scoring against South-
y ampton on the opening weekend.
y Nuno agreed it was a "very good"
goal – but his side should have seen
h it coming.
s Minutes earlier, Hornets skipper
– Pollock's superb diagonal ball out of
defence found Nabizada, who ran
e inside before unleashing a low shot
n that beat Hermansen, only to flash
just wide of the far post.
s Dionisi said that Nabizada's second
e goal appealed to his nature as a
r football romantic.
r He added: "I believe in Amin. I
e did not know him before I arrived but he played well in every pre-season game. I'm happy for him.

"Now I wait for other players to score because it is impossible for Amin to score in every match.

"Before, I asked him how many times he had scored in his career and he said, 'Zero'. Now he has two."

Nuno, who guided Wolves to promotion to the Premier League in 2018, faces his old club on Tuesday.

He added: "It's important to believe in the process and the way we are doing things, while admitting that results are not happening. We're positive that we will click."

THREESY DOES IT . . . Toure fires in Norwich's third

Mo 'n Brooks leave Clarets Hayen dry

By TONY RUSHMER

MO TOURE and Andre Brooks both notched twice to pile the pain on Burnley gaffer Nicky Hayen.

The Clarets, relegated from the Prem last term, were knocked out of the Carabao Cup at Bradford in midweek after a 3-1 loss at West Brom last Sunday.

And they made a nightmare start at Carrow Road, falling 3-0 behind inside 21 minutes.

Toure, Brooks and their Norwich team-mates ran riot as the visitors served up a series of defensive errors. Josh Laurent pulled a goal back on 27 minutes but Brooks made it 4-1 midway through the second half.

Norwich.....4
Burnley.....1

And it went from bad to worse for Burnley 13 minutes from the end when Laurent was dismissed for a second bookable offence.

After the final whistle, Hayen and his players approached the Burnley fans and a section of them reacted angrily to their latest defeat.

Hayen admitted: "I know it's really difficult after a season like last season – I know how disappointed they are.

"But you see that we have potential and we need time."

The Belgian boss also acknowledged the opening stages of the first half were a disaster for his side.

He added: "I can accept individual mistakes because you don't do it on purpose.

"But it doesn't help us at the moment, because we came out of the dressing room with really good energy.

"We want to show that intensity and suddenly you see a team that was struggling."

Anel Ahmedhodzic gifted Toure a second-minute opener, failing to intercept Panamanian defender Jose Cordoba's hopeful through-ball.

The alert Aussie striker raced in on goal before sliding a right-foot finish home from 14 yards out.

Brooks made it 2-0 three minutes later, getting on the end of Anthony Musaba's cross to bury a nine-yard shot.

Clarets captain Kyle Walker's heavy touch from Oscar Schwartau's left-sided corner allowed Toure to add Norwich's third goal with an emphatic six-yard finish.

Laurent gave Burnley hope with a stunning 22-yard blast that fizzed into the net via the inside of a post on 27 minutes.

But Brooks sealed the Canaries' first league win of the season with a close-range back-heel strike after sub Papa Amadou Diallo's darting run triggered a slick 67th-minute move.

Norwich head coach Philippe Clement said: "A lot of positive things in the way the team played with the ball.

"How brave we were against their pressing, to break open their defensive line also and to score in the right moments.

"The way the boys moved, the way they found spaces against a good opponent, it's a really positive evening for the club."

BLAST from the PAST

NICKY SUMMERBEE

SunSport's Russell Lanning catches up with former Manchester City and Sunderland winger NICKY SUMMERBEE

Summer lovin'

QATAR-BASED former winger Nicky Summerbee relished a Europe break in Italy and Georgia this month, enjoying a special reunion.

The 54-year-old is now an established football TV pundit and commentator for beIN Sports, the key sports channel in the Middle East and Africa since moving over 4,000 miles from Manchester 15 years ago with his family.

Summerbee, who played nearly 500 league games for nine teams between 1989 and 2006, admitted: "We only agreed to spend a couple of months in Qatar but we instantly fell in love with the place and have been here ever since."

After working for beIN TV at the World Cup, Summerbee took time out with a holiday in Europe and had the opportunity to meet up with one of his closest Manchester City pals.

He said: "The trip to Georgia was special to be able to catch up with great friend Georgi Kinkladze *(right)*.

"We had some special times together when he was at Maine Road in the mid-90s.

"Results were completely different then to how things have been at City for the last 15 years but Georgi was a magical and gifted player and one of the most humble guys you could ever wish to meet.

"He is still treated like a god over there. My other City Georgian team-mate Mikheil Kavelashvili has gone on to become the President in the country! It's pretty amazing.

"Georgi has been telling me how his PSG compatriot Khvicha Kvaratskhelia *(right)* is the new footballing idol of the country.

"Even more interesting is that he tells me Khvicha's 16-year-old brother Tornike, another winger, is as good if not better at the same age."

Older football fans will remember Nicky as a galloping winger who started his career at Swindon in 1989 before helping the Robins reach the Premier League in 1993.

He switched to Manchester City for £1.3million where he spent four years at the club's old Maine Road ground. His family are part of City royalty as not only did he have two spells with the club (1994–97 and 2001) but his dad, Mike, was part of the side that won the top-flight title (1967–68), FA Cup (1969), League Cup (1970) and European Cup Winners' Cup (1969–70).

Nicky said: "We very much have sky blue coursing through our veins.

"After dad's incredible era at the club, none of us would have predicted the sort of success the club has enjoyed over the last 15 years.

"Under Pep Guardiola it has just evolved. After Sir Alex Ferguson we didn't think it would get better but it almost did with Pep providing a management masterclass.

"Just as Sir Alex enjoyed unbelievable success in the Prem era, Pep has been on a par in a shorter time span.

"His departure is a seismic loss to Manchester City and English football's top flight.

"Like Alex, he has set a high bar.

"Along with every City fan, so far Enzo Maresca has picked up the baton with style, winning the opening two Premier League games – the victory at Palace on Friday was particularly impressive. This will be an interesting season."

Summerbee adores life in Qatar and has surprised himself that a two-month break 15 years ago has turned into his permanent home.

He said: "My three children are more or less born and bred here. I'm sure I am like most parents of the same age group – I have become their taxi driver – taking them all over the place!

"I think like any former player, I miss the dressing-room banter. I sound like an old git but football has changed vastly since I played – but I enjoy the broadcasting and media involvement.

"I wasn't fortunate enough to play at a World Cup but thanks to beIN Sports I have now been to two in terms of commentary and analysis. I will never take that for granted."

SUMMERBEE'S CAREER

Swindon (1989-94), Manchester City (1994-97), Sunderland (1997-2001), Bolton (2001), Man City (2001), Nottm Forest (2001-02), Leicester (2002-03), Bradford (2003-06), Swindon (2005, loan), Tranmere (2005, loan). Int'l: England U21 (1993), England B (1994).

MATCH STATS	WOLVES	STOKE
SHOTS	18	8
SHOTS ON TARGET	10	3
POSSESSION	53%	47%
PASSES	408	345
COMPLETED PASSES	362	310
TOUCHES IN OPP BOX	29	16
CORNERS	7	1
FOULS CONCEDED	13	15
YELLOW/RED CARDS	1/0	4/0
MATCH TIME: 95m 10s		
BALL IN PLAY: 53m 23s		

LIGHTNING ROD . . . Gomes gets the first of his quickfire double

It's all Go!

RODRIGO PILES ON MISERY

By PETE THOMPSON

RODRIGO GOMES' quick-fire double helped rampant Wolves inflict more pain on Stoke.

Sam Gallagher's second-minute thunderbolt had raised the Potters' hopes of securing a first Championship win of the season.

But Stoke sunk to rock bottom after ruthless Wolves came storming back to make it four wins from five under new boss Cesar Peixoto.

Gomes struck twice in the space of three minutes to give Wanderers a first-half lead and there was no way back for the Potters.

Cult hero Raul Jimenez added a third with his second penalty in as many games at Molineux since returning to the club this summer.

And new signing Jordan James put the icing on the cake with a classy late goal on his home debut.

Wanderers went down with a whimper last season but they put on a show for a crowd of 30,334 – and Peixoto insists there is much more to come.

The Portuguese boss, who replaced Rob Edwards in June, said: "After we conceded an early goal it was very important to show a reaction. We showed personality to fight, we scored four goals and we could have scored more, but the boys did a very good job.

Wolves	4
Stoke	1

"It's only three points and we have to stay humble, just as the boys have done since I arrived.

"I like the way the team play but we know we have to improve a lot.

"We scored four goals and had a good win but we have to be consistent.

"That's the difficult thing, to stay at the same level and keep improving."

Gallagher scored his first goal since March with a 30-yard right-foot rocket into the top-left corner.

Sorba Thomas wasted two golden opportunities to double the Potters' lead – and the Hull target was made to pay.

Gomes capitalised on Eric Bocat's heavy touch to level after 19 minutes, lashing home after Viktor Johansson saved Jimenez's strike.

The Portuguese winger raised the roof a few minutes later with a goal that was created by the lively Mateus Mane. The tricky teenager, 18, beat two men and, when his attempt was palmed away by Johansson, Gomes was on hand to finish with his right foot.

Mexico striker Jimenez gave Wolves breathing space on 55 minutes, calmly sending Johansson the wrong way from the spot after he was upended by Ben Johnson.

Mane had a strike palmed away by the busy Johansson before James came off the bench to rub salt into Stoke's wounds in the 84th minute.

The on-loan midfielder from Rennes found Fer Lopez and then drove into the box to plant a fine first-time finish into the bottom corner after the Spanish playmaker set him up with a clever pass.

Stoke have now lost their first three Championship games.

Boss Mark Robins said: "They've not had to work for a goal and this is a really good squad of players – they will be up there this season.

"But we have been the architects of our own downfall for the second week running – a really bad habit.

"We look like we could be a really decent team but we've got to stop making stupid decisions and shooting ourselves in the foot."

IMP-ORTANT . . . House

IMPS' HOUSE PARTY

By DANE MASSEY

BEN HOUSE'S winner helped Lincoln record their first points of the season — and first win in the second tier for 65 years.

His 66th-minute header got last season's League One champions off the mark following defeats in their opening two matches.

Imps co-boss Chris Cohen said: "It was by no means perfect but we put the points on the board and I'm proud of the performance.

"We had to fight but we are a club built on spirit and we had to show that.

"Ben is first class without the ball and he's a top footballer as well – he's had a great start to the season."

Also promoted Bolton were left to rue failing to convert first-half chances with Sam Dalby hitting a post and Lewis Brunt's header forcing a fine save from George Wickens.

Bolton	0
Lincoln	1

The deadlock was broken when Callum Elder's long throw bounced up for House.

Bolton rallied but Wickens saved from Ryan Hardie and Josh Sheehan.

Trotters gaffer Steven Schumacher said: "We played well. We created lots of chances and should have been ahead at half-time.

"Apart from a ten-minute spell in the second half, I thought we were the better team."

thesun.co.uk/football

Goals

PAPER APP ONLINE

CHAMPIONSHIP

NICE KAR . . . Grant is leapt after winner

Nath cool at the top

Charlton.....1
Preston.....0

By DANNY RUST

NATHAN JONES will not allow himself to dream of the Premier League — despite spearheading Charlton to their best start to a second-tier season since 1992.

Karlan Grant's neat turn and finish saw off early season strugglers Preston.

And Charlton are now the only Championship side boasting a 100 per cent record.

But Jones is keeping his feet on the ground after bouncing back from a mid-week Carabao Cup rout at Tottenham.

The Charlton boss said: "It's only three games so we won't be silly.

"No one wins anything in August. If I had a time machine, I'd quickly zip to May and we'd hopefully be in the Premier League. But that's not the case.

"We thoroughly deserved the win. We stuck to our shape and tried to believe in ourselves.

"But we're not concentrating on being top of the league. Nine points from three games – that's the big thing."

Preston should have taken a first-half lead but the unmarked Callum Lang headed Andrija Vukcevic's cross.

The Addicks improved after the break and struck the vital goal on 56 minutes.

Grant cleverly made a yard for himself with a brilliant turn and beat keeper Daniel Iversen at his near post.

He then celebrated by pointing to former Charlton youngster Ezri Konsa, who was watching from the stands following his £51million move to Arsenal.

The Lilywhites are still searching for their first point of the season and boss Paul Heckingbottom is desperate to bring in a new striker before the transfer window slams shut on Tuesday.

He said: "Both boxes is where it went wrong. We conceded a horrible goal.

"We had spells of controlling the game but it's about winning.

"I'm seeing us winning headers in the opposition box but who is going to bundle the ball in for us?

"That's the big thing that's still missing. You've got to make the ball go in the net."

JAMES WARD ROUSE

Prowse's inspiring return

Southampton.....5
Millwall.....1

By TOM PRENTKI

THE prodigal son returned and inspired a thumping victory which catapulted Saints off the bottom of the Championship.

James Ward-Prowse *(right)* came on as a half-time sub to a huge ovation as he made his second debut for the club, 15 years after his first.

The 31-year-old midfielder rejoined Southampton from Championship rivals West Ham on Friday.

And St Mary's boss Tonda Eckert said: "It's not easy to come on at half-time and we've just seen the quality of a player he is, how much he can give us on the ball.

"Very happy for him being with us. A big, big presence for the experience he brings.

"He knows the club inside out and it's just so good to have him around.

"He's going to be very important for us this season."

Kyle Larin scored twice with goals from Finn Azaz, Tom Fellows and a penalty from Leo Scienza wiping out Mark Sykes' 15-minute opener for Alex Neil's Millwall.

The Lions came roaring out of the traps and were battering Southampton even before they took the lead.

There was a touch of good fortune about the goal as Sykes' fierce shot cannoned in off Saints new-boy Keven Schlotterbeck.

But from that moment on, Eckert's lads did not look back and Neil was left to rue his team's defending.

He said: "It was a strange game. For 25 minutes we were very good.

"We took the lead and I thought the boys should of scored another.

"For us to then concede from a set-piece is bitterly disappointing.

"The grittiness and resilience we usually have was missing for the last 20 minutes. When you play a good team that's clinical, it can give you a bloody nose and that's happened."

Canada striker Larin levelled on 25 minutes when he headed in a brilliant Ryan Manning free-kick from six yards out.

And 13 minutes later, the brilliant Scienza twisted Caleb Turner inside out and put it on a plate for Azaz to tap in from close range.

Ward-Prowse replaced captain Flynn Downes, who was forced off with a head injury.

In the 55th minute, Jake Cooper sent Azaz tumbling in the area.

The fans were calling for JWP but Scienza seized the ball and hammered it into the bottom left corner.

Another brilliant run from Azaz saw Larin cheekily flick the ball over Caleb Taylor's head before volleying it in for Saints' fourth.

Larin should have had a hat-trick but keeper Max Crocombe stood up well to block him and Azaz could not convert the rebound.

Fellows capitalised on a poor clearance to score via a heavy deflection off Crocombe with four minutes left.

And in the final moments, Ward-Prowse went close to capping a perfect afternoon but fired just wide of the post from 25 yards.

SOME FINN'S COOKING . . . Finn Azaz taps home from Leo Scienza's assist to make it 2-1

MATCH STATS

SOUTHAMPTON		MILLWALL
21	SHOTS	14
7	SHOTS ON TARGET	5
52%	POSSESSION	48%
418	PASSES	378
367	COMPLETED PASSES	304
33	TOUCHES IN OPP BOX	25
8	CORNERS	11
6	FOULS CONCEDED	10
2/0	YELLOW/RED CARDS	1/0
	MATCH TIME: 98m 15s	
	BALL IN PLAY: 51m 28s	

TOLAJ . . . first goal

Sku's on red alert

Bristol City.....2
Portsmouth.....1

By ROB STEWART

BOSS Michael Skubala told the Cider Army to celebrate his first win with a traditional West Country tipple.

But the Bristol City chief confessed he would toast victory with a glass of red wine — and that the result was tinged with a touch of frustration.

Skubala said: "The hardest thing is winning matches so hopefully the fans will go and have a cider or a beer or a wine and enjoy the moment.

"I just felt frustrated we didn't keep a clean sheet because I'm a bit of a perfectionist.

"It was great to get off the mark and I'll have a glass of red wine with my staff and enjoy it, then watch the game back and get to work on Tuesday's trip to Preston."

Swiss striker Lorent Tolaj put City in front on 31 minutes, finishing off a counter-attack with a cracking near-post finish.

Skipper Jason Knight doubled the lead on 56 minutes, heading in Rio Cardines' corner.

Sub Marko Milovanovic pulled one back for Portsmouth with a stoppage-time penalty after Lisav Eissat wrestled him to the floor.

But Pompey boss John Mousinho said: "We're not a million miles off but we made a couple of errors and lacked bit of experience and nous."

Sout fits for Parky

By JOHN RICHARDSON

PHIL PARKINSON hopes to land Leicester City's £10million-rated defender Harry Souttar.

The "shell-shocked" Wrexham boss wants a commanding centre-back after "the two softest goals we've conceded" saw his side lose 2-1 to Birmingham on Friday.

Hollywood owners Ryan Reynolds and Rob Mac have already splashed £29m in this window but Parkinson is banking on their backing again.

Visiting defender Phil Neumann's headed double from two set-pieces showed why the Foxes skipper — an Australia international — is Parky's No1 target.

Provided he gets his man, he will be happy when the window shuts.

But Parkinson warned: "It doesn't matter what team is on the pitch, we have got to be aggressive in the key moments — and against Birmingham we weren't."

JOY . . . Smyth celebrates

JIMMY DUNNE GOOD

By SIMON YAFFE

UNBEATEN Rangers got the job done as captain Jimmy Dunne headed their winner.

Blackburn led on 49 minutes through Ryoya Morishita's stunning volley into the top corner.

But Paul Smyth fired QPR level just two minutes later from Rimarn Burrell's cross – celebrating with a cartwheel.

And defender Dunne, 28, headed Tariq Lamptey's 74th-minute cross beyond keeper Balazs Toth.

Boss Julien Stephan saluted his captain after Rangers started a season without a defeat in their first three games for only the second time in ten years.

The Frenchman said: "It was a brilliant performance from Jimmy. He was dominant and what I enjoy about him is his ability to take the initiative on the ball.

"He protects the box and he does what I want to see from our leaders."

Blackburn.....1
QPR.....2

Threadbare Rovers were missing nine senior players and had four teenagers on the bench.

Chief Tony Mowbray said: "There were lots of positives and we had spells where we were dominant.

"If they stick together, there is enough spirit to be competitive."

TOP SLIDER . . . captain Dunne after his winner

Goals

thesun.co.uk/football

PAPER APP ONLINE

FASTEST GOALS

PL	D Ndoye	23m 39s
CH	J Moylan	1m 14s
L1	C Slattery	6m 22s
L2	W Davies	5m 14s

LATEST GOALS

PL	J Tarkowski	90m 52s	L1	J Taylor	88m 51s
CH	Marezi	94m 52s	L2	M Fondop	94m 17s

PREMIER LEAGUE

AFC B'MOUTH (1) 1 EVERTON (0) 1
Scott 41 — Tarkowski 90

AFC Bournemouth: Petrovic, Smith, Hill, Silva, Truffert, Cook (Adams 69), Scott (Christie 87), Rayan, Kluivert (Brooks 81), Tavernier, Evanilson (Rodriguez 81). Subs not used: Di Gregorio, Soler, Doak, Diakite, Jebbison. Booked: Scott, Smith, Tavernier.

Everton: Pickford, Rohl (Iroegbunam 87), Tarkowski, Branthwaite, Mykolenko, Armstrong (Alcaraz 87), Garner (Hackney 62), Ndiaye, Dewsbury-Hall, George (Johnson 62), Barry (Beto 70). Subs not used: Travers, Keane, O'Brien, Dibling. Booked: Alcaraz, Garner.

COVENTRY (0) 0 HULL (0) 1
Att 31,239 — Millar 82

Coventry: Rushworth, van Ewijk, Thomas (Pinnock 78), Amenda, Dasilva, Yirenkyi (Overgaard 71), Grimes, Tchaouna (Sakamoto 59), Rudoni (Hamer 71), Mason-Clark (Thomas-Asante 58), Awoniyi. Subs not used: Bentley, Simms, Kitching, Latibeaudiere. Booked: Amenda.

Hull: Tzolakis, Coyle (Drameh 46), Ajayi, Egan, Mendy (Herrington 59), Giles, Bellourni (Cho 83), Slater, Morita (Gourna-Douath 46), Stroud (Millar 59), McBurnie. Subs not used: Phillips, Hjerto-Dahl, McNair, Targett. Booked: Coyle, McBurnie, Slater, Stroud.

LIVERPOOL (0) 2 N FOREST (1) 2
Isak 60, Munoz 82 — Ndoye 24, Gibbs-White 70 (pen)

Liverpool: Alisson, Frimpong (Gravenberch 71), Jacquet (Araujo 77), van Dijk, Kerkez (Tsimikas 71), Szoboszlai, Mac Allister (Nyoni 77), Gakpo (Ngumoha 71), Wirtz, Munoz, Isak. Subs not used: Mamardashvili, Endo, McConnell, Koumas. Booked: Alisson, Araujo, Munoz, Wirtz.

Nottm Forest: Sels, Jair Cunha, Milenkovic, Murillo, Aina (Netz 86), Schlager, McAtee (Hudson-Odoi 90), Williams, Ndoye (Delap 66), Gibbs-White, Igor Jesus (Dominguez 90). Subs not used: John Victor, Diomande, Wood, Yates, Abbott. Booked: Aina, Igor Jesus.

TOTTENHAM (0) 0 NEWCASTLE (0) 2
Att 61,025 — Elanga 62, Wissa 72

Tottenham Hotspur: Kinsky, Gray (Moore 68), van Hecke, van de Ven, Robertson (Udogie 68), Bentancur, Tonali (Solanke 75), Porro, Fernandes, Tel (Kudus 68), Marmoush. Subs not used: Dubravka, Senesi, Gallagher, Bergvall, Davies. Booked: van de Ven.

Newcastle: Hornicek, Dedic, Thiaw, Botman, Hall, Gonzalez (Steur 71), Miley, Elanga (Murphy 82), Willock (Woltemade 71), Barnes (Toure 90), Wissa (Ramsey 82). Subs not used: Jaouen, Schar, Bamba, Shahar. Booked: Botman, Gonzalez.

	P	W	D	L	F	A	Pts
Man City	2	2	0	0	6	2	6
Hull	2	2	0	0	3	0	6
Newcastle	2	1	1	0	4	2	4
Everton	2	1	1	0	3	1	4
Brighton	1	1	0	0	4	0	3
Arsenal	1	1	0	0	3	0	3
Brentford	1	1	0	0	3	0	3
Chelsea	1	1	0	0	3	2	3
Ipswich	1	1	0	0	2	1	3
Leeds	1	1	0	0	1	0	3
Liverpool	2	0	2	0	4	4	2
Bournemouth	2	0	1	1	2	3	1
Nottm Forest	2	0	1	1	2	3	1
Fulham	1	0	0	1	2	3	0
Sunderland	1	0	0	1	1	2	0
Man Utd	1	0	0	1	0	2	0
Aston Villa	1	0	0	1	0	4	0
Coventry	2	0	0	2	0	4	0
Crystal Palace	2	0	0	2	1	6	0
Tottenham	2	0	0	2	0	5	0

LEADING SCORERS

Cherki	(Man City)	2
Elanga	(Newcastle)	2
Hinshelwood	(Brighton)	2
Haaland	(Man City)	2

LEADING ASSISTS

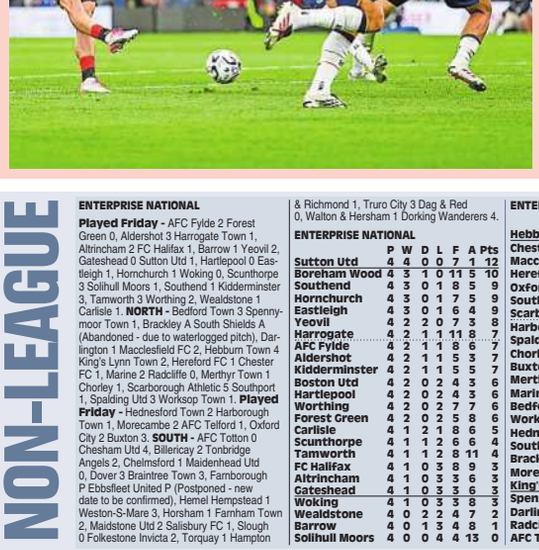
Cherki	(Man City)	2
Foden	(Man City)	2
Evanilson	(AFC Bournemouth)	2

PLAYED FRIDAY

C PALACE (0) 1 MAN CITY (1) 4
Donnarumma 56 (og) — Haaland 17, 84, Cherki 54, 59

Crystal Palace: Henderson, Canvot, Richards, Tomiyasu (Disasi 74), Khalaili (Mingueza 75), Wharton, Kamada, Mitchell, Pino (Gozo 68), Nketiah (McNeil 68), Larsen (Guessand 63). Subs not used: Benitez, Munoz, Lerma, Hughes. Booked: Khalaili.

Man City: Donnarumma, Khusanov (Vitor Reis 89), Dias, Guehi, Gvardiol (Kovacic 75), O'Reilly (Braithwaite 89), Anderson (Bouaddi 82), Foden, Cherki (McAidoo 82), Semenyo, Haaland. Subs not used: Rulli, Ait Nouri, Echeverri, Lewis. Booked: Anderson, Cherki.



ROUND 1 — FIRSTS

The first player to assist 100 goals in the Prem?

ANSWER:

ROUND 2 — WHERE IN THE WORLD?

TEAM: Ferencvaros

ANSWER:

ROUND 3 — ONE TO TEN

How many different teams Michael Owen scored a Premier League goal for?

ANSWER:

ROUND 4 — TEEN SCENE

Last teenager to be red-carded in the Prem (Feb 2025 v West Ham)?

ANSWER:

ROUND 5 — FULL ENGLISH

First English player to score a hat-trick in the Prem (Nov 1992)?

ANSWER:

ROUND 6 — FAMOUS GOALS

Opposing keeper for Gareth Bale's overhead kick for Real Madrid v Liverpool in the 2018 Champions League final?

ANSWER:

ROUND 7 — INTERNATIONAL RESCUE

With the initials S.D, the most games played by a non-British/Irish outfield player in Prem (469)?

ANSWER:

ROUND 8 — PLAYED ONE

Lee Harper, Tommy Black, Ryan Garry, Stathis Tavlaridis, Park Chu-Young all played one Prem game for which PL club?

ANSWER:

ROUND 9 — THE LOSERS

2023-24 Championship Play-off final (Lost 1-0 v Southampton) ?

ANSWER:

ROUND 10 — ANAGRAMS

Name the former striker:

EYE NOR NOWAY

ANSWER:

ANSWERS ON PAGE 11

YOUR SCORE /10

YOUR RATINGS

10: A* You're a footballing genius
9: A- Excellent score and close to utopia
8: B+ Impressive result, well played
7: B- Hard-working seven, something to build on for next week
6: C Above average, but football knowledge needs attention
5: C- Improvement required
4 or below: D Fail. You have to do better. Starting next Sunday!

CHAMPIONSHIP

BLACKBURN (0) 1 QPR (0) 2
Morishita 49 — Smyth 51, Dunne 74
Att: 12,905

Blackburn: Toth, Alebiosu, Atcheson, McLoughlin, Yuri Ribeiro (Pates 81), Forshaw (Morsy 57), Montgomery (Garrett 81), Morishita, Cantwell (Vare 88), Afolayan (Fevrier 81), Gudjohnsen. Subs not used: Pears, Houghton, Lister, Edmondson. Booked: Gudjohnsen, McLoughlin, Morsy.

QPR: Charles, Mbengue (Adamson 81), Dunne, Clarke-Salter, Cirkin (Lamptey 46), Smyth (Poku 64), Edwards, Madsen (Kamara 46), Chair, Kone (Lloyd 57), Burrell. Subs not used: Ward, Saito, Vale, Varane. Booked: Clarke-Salter, Edwards.

BOLTON (0) 0 LINCOLN CITY (0) 1
Att: 21,581 — House 66

Bolton: Bonham, Brunt, Forino-Joseph, Famewo (Larrazabal 61), Conway, Sheehan, Erhahon (Watson 80), Iling-Junior (Dong 61), McAtee (Hardie 72), Gale (Nelson 71), Dalby. Subs not used: Bazunu, Davies, Toal, Ritchie.

Lincoln City: Wickens, Elerewe, Towler, Elder, Jefferies, Varfolomeyev (Bayliss 85), McGrandles, Reach, Hackett (Olaofe 80), Draper (Street 65), House (Honohan 85). Subs not used: Gauci, Coubis, Melia, Konak, Wheatley. Booked: House, McGrandles, Varfolomeyev.

BRISTOL CITY (1) 2 PORTSMOUTH (0) 1
Tolaj 31, Knight 56 — Milovanovic 90 (pen)
Att: 24,134

Bristol City: Tickle, Tanner (Eile 85), Dickie, Eissat, Cardines, Knight, Williams, Wallace (Horvat 68), Twine (Greenwood 68), Hirakawa (Pring 74), Tolaj (Ballard 74). Subs not used: Collins, Randell, Atkinson, Yah. Booked: Cardines, Dickie, Knight.

Portsmouth: Schmid, Devlin, Arthur (Dia 69), Shaughnessy, Swanson, Shein, Pack (Swift 74), Kamara, Segecic, Kavuma-McQueen (Blair 63), Bishop (Milovanovic 63). Subs not used: Bielica, Poole, Bailey, Brooke-Smith.

CARDIFF (2) 2 SHEFF U (2) 2
Moylan 2, Ashford 38 — Cannon 4 (pen), O'Hare 7
Att: 21,036

Cardiff: Trott, Ng, Bielik (Scanlon 90), Osho, Bagan, Robertson, Ashford (Davies 85), Tanner (Willock 72), R Colwill. Moylan (J Colwill 85), Salech (Robinson 85). Subs not used: Tyrer, Turnbull, Tankiewicz, Kpakio. Booked: Moylan, Robertson.

Sheff Utd: Cooper, Baptiste (Norrington-Davies 58), Tanganga, McGuinness, McCallum, Donovan (Shackleton 46), Rothwell (Riedewald 65), Peck, O'Hare, Bamford (Phillips 46), Cannon (Brereton Diaz 84). Subs not used: Davies, Doherty, Campbell, Marsh. Booked: McGuinness, Peck.

CHARLTON (0) 1 PRESTON (0) 0
Ahearne-Grant 56
Att: 17,256

Charlton: Okonkwo, McNamara, Jones, Bell, Mesik, Coventry, Chalobah (Nwamba 63), Campbell (Rankin-Costello 90), Carey (Alli 46), Ahearne-Grant (Asiimwe 90), Leaburn (Mbick 88). Subs not used: Brooks, Knibbs, Ouma, Apter. Booked: Rankin-Costello.

Preston North End: Iversen, Clarke, Offiah (Erabi 70), Lindsay, Gibson, Vukcevic (Wiley 88), Thompson (Small 77), Leroy, Devine, Lang (Mills 70), Burgzorg. Subs not used: Nicholls, Valentin, Storey, Moran, Gryba. Booked: Leroy.

DERBY (0) 0 SWANSEA (2) 3
Opoku 2, Eom 44, Ronald 90
Att: 26,576

Derby: Zetterstrom, Johnston (Ward 46), Langas, Sanderson, Taylor, Mowatt (Eames 78), Travis, Hedges (Brewster 46), Clark, Blackett-Taylor (Szmodics 46), Salvesen (Bilbija 70). Subs not used: Vickers, Forsyth, Nyambe, Fraulo. Booked: Langas, Sanderson, Travis.

Swansea: Vigouroux, Key, Lissah, Welsh, Tymon, Widell (Just 65), Fulton (Stephen Eustaquio 65), Stamenic, Opoku (Yeo 24), Idah (Vipotnik 65), Eom (Ronald 85). Subs not used: Fisher, Seelt, Parente, Woodward. Booked: Just, Stamenic.

MIDDLESBRO' (0) 3 WEST BROM (0) 1
Lankshear 48, 73, Jones 87 — Morgan 65
Att: 29,571

Middlesbrough: Vitek, Brittain, Ayling, Malanda, Borges, Morris, Peart-Harris (Berhalter 46), Whittaker (Jones 69), McGree (Joseph 69), Sarmiento (Arfsten 40), Lankshear (Conway 86). Subs not used: Brynn, Phillips, Strelec, Castiedine.

West Brom: O'Leary, Galves, Phillips, Campbell, Styles, Whitwell (Nzingoula 70), Molumby (Tunde 77), Diakite, Price, Myhre (Heggebo 77), Morgan (Stewart 86). Subs not used: Ingram, Williams, Mepham, Townsend, Bany. Booked: Diakite.

NORWICH (3) 4 BURNLEY (1) 1
Toure 2, 21, Brooks 5, 67 — Laurent 27
Att: 25,498

	P	W	D	L	F	A	Pts
Charlton	3	3	0	0	5	2	9
Wolves	3	2	1	0	9	4	7
Swansea	3	2	1	0	5	1	7
QPR	3	2	1	0	5	2	7
Middlesbrough	3	2	0	1	6	4	6
Millwall	3	2	0	1	6	5	6
West Brom	3	2	0	1	6	5	6
Birmingham	3	1	2	0	4	3	5
Watford	3	1	2	0	4	3	5
Blackburn	3	1	1	1	5	5	4
Bolton	3	1	1	1	2	2	4
Bristol City	3	1	1	1	4	5	4
Cardiff	3	0	3	0	5	5	3
Sheff Utd	3	0	3	0	2	2	3
Portsmouth	3	1	0	2	5	6	3
Norwich	3	1	0	2	5	6	3
Lincoln City	3	1	0	2	3	5	3
Southampton	3	2	0	1	9	4	2
West Ham	3	0	2	1	4	5	2
Wrexham	3	0	2	1	3	4	2
Derby	3	0	1	2	3	7	1
Burnley	3	0	1	2	4	9	1
Preston	3	0	0	3	2	6	0
Stoke	3	0	0	3	3	9	0

(Southampton deducted 4 points)

Norwich: Kovacevic, Stacey, McConville, Cordoba, Chrisene, McLean (Wright 80), Mattsson, Brooks (Crnac 71), Schwartau (Ben Silmane 62), Musaba (Diallo 62), Toure (Kvistgaarden 71). Subs not used: Grimshaw, Darling, Yongwa, Fisher. Booked: Ben Silmane, Brooks, Cordoba, McConville.

Burnley: Weiss, Walker, Ahmedhodzic, Alleyne, Roberts, Mejbri (Raghouber 82), Laurent, Bruun Larsen (Edwards 64), Ramsey (Amdouni 64), Satpaev, Flemming (Hountondji 78). Subs not used: Worrall, Ekdal, Sambo, Ndayishimiye, Coudert. Booked: Flemming, Laurent. Sent-off: Laurent.

SOUTHAMPTN (2) 5 MILLWALL (1) 1
Larin 25, 62, Azaz 39, Scienza 55 (pen), Fellows 86 — Sykes 15
Att: 29,167

Southampton: Peretz, Bree, Wood-Gordon, Schlotterbeck (Stephens 87), Manning, Bragg, Downes (Ward-Prowse 46), Matsuki (Dobbin 81), Azaz, Scienza (Fellows 71), Larin (Mubama 70). Subs not used: Long, Welington, Akachukwu, Edozie. Booked: Fellows, Manning.

Millwall: Crocombe, Sykes, Taylor, Cooper, Sturge (Baggott 71), Neghli, De Norre, Metcalfe (Lovelace 79), Arconte (Kelly 71), Coburn (Dykes 80), Lisbie (Cundle 61). Subs not used: Coleman, Osei-Tutu, Batth, Massey. Booked: Sykes.

WATFORD (1) 1 WEST HAM (1) 1
Nabizada 19 — Pollock 27 (og)
Att: 20,976

Watford: Ravaglia, Traore, Pollock, Keben, Zemura, Bove, Kyprianou, Maamma (Vata 73), Bravo (Kayembe 85), Nabizada (Payero 60), Kjerrumgaard (Doumbia 60). Subs not used: Walker, Bachmann, Chikovani , Adu-Poku, Eames. Booked: Bove, Keben, Maamma.

West Ham: Hermansen, Veltman, Golambeckis, Kilman, Walker-Peters (Scarles 86), Bowen, Engels, Kante (Orford 65), Solomon, Mukasa (Piroe 65), Castellanos. Subs not used: Herrick, Pablo Felipe, Lamadrid, Casey, Mayers, Ajala. Booked: Veltman.

WOLVES (2) 4 STOKE (1) 1
R Gomes 19, 23, Jimenez 55 (pen), James 84 — Gallagher 2
Att: 30,334

Wolverhampton: Jose Sa, Tchatchoua, Djiga, T Gomes, H Bueno, Andre Trindade (Traore 73), Munetsi (Doyle 77), R Gomes (James 77), Lopez, Mane (Chirewa 83), Jimenez (Armstrong 73). Subs not used: Virginia, S Bueno, Wolfe, Pedro Lima. Booked: Mane.

Stoke: Johansson, Johnson, Lawal, Wilmot, Bocat, Soumare (Rigo 85), Galbraith, Gallagher (Martin 85), Bae (Manhoef 62), Thomas, Hirst (Bozenik 74). Subs not used: Griffiths, Graham, Anderson, Giani, Pearson. Booked: Bae, Gallagher, Lawal, Thomas.

PLAYED FRIDAY

WREXHAM (0) 1 BIRMINGHAM (1) 2
Doyle 54 — Neumann 13, 63
Att: 10,536

Wrexham: Patterson, Vyner, Hyam, Doyle (Windass 71), Imray (Kabore 71), Whiteman, O'Brien, Ekomie (Longman 71), Rathbone, Broadhead (Smith 71), Moore (Cadamarteri 79). Subs not used: Ward, Scarr, Cleworth, James. Booked: Cadamarteri.

Birmingham: Beadle, Samuel (Laird 90), Neumann, Klarer, Cochrane, Iwata, Solis, Vicente (Fry 90), Gray (Roberts 46), Stansfield (Paik 74), Priske (Vazquez 82). Subs not used: Allsop, Wright, Lund, Ducksch. Booked: Cochrane, Samuel.

NON-LEAGUE

ENTERPRISE NATIONAL

Played Friday - AFC Fylde 2 Forest Green 0, Aldershot 3 Harrogate Town 1, Altrincham 2 FC Halifax 1, Barrow 1 Yeovil 2, Gateshead 0 Sutton Utd 1, Hartlepool 0 Eastleigh 1, Hornchurch 1 Woking 0, Scunthorpe 3 Solihull Moors 1, Southend 1 Kidderminster 3, Tamworth 3 Worthing 2, Wealdstone 1 Carlisle 1. **NORTH -** Bedford Town 3 Spennymoor Town 1, Brackley A South Shields A (Abandoned - due to waterlogged pitch), Darlington 1 Macclesfield FC 2, Hebburn Town 4 King's Lynn Town 2, Hereford FC 1 Chester FC 1, Marine 2 Radcliffe 0, Merthyr Town 1 Chorley 1, Scarborough Athletic 5 Southport 1, Spalding Utd 3 Worksop Town 1. **Played Friday -** Hednesford Town 2 Harborough Town 1, Morecambe 2 AFC Telford 1, Oxford City 2 Buxton 3. **SOUTH -** AFC Totton 0 Chesham Utd 4, Billericay 2 Tonbridge Angels 2, Chelmsford 1 Maidenhead Utd 0, Dover 3 Braintree Town 3, Farnborough P Ebbsfleet United P (Postponed - new date to be confirmed), Hemel Hempstead 1 Weston-S-Mare 3, Horsham 1 Farnham Town 2, Maidstone Utd 2 Salisbury FC 1, Slough 0 Folkestone Invicta 2, Torquay 1 Hampton & Richmond 1, Truro City 3 Dag & Red 0, Walton & Hersham 1 Dorking Wanderers 4.

ENTERPRISE NATIONAL

	P	W	D	L	F	A	Pts
Sutton Utd	4	4	0	0	7	1	12
Boreham Wood	4	3	1	0	11	5	10
Southend	4	3	0	1	8	5	9
Hornchurch	4	3	0	1	7	5	9
Eastleigh	4	3	0	1	6	4	9
Yeovil	4	2	2	0	7	3	8
Harrogate	4	2	1	1	11	8	7
AFC Fylde	4	2	1	1	8	6	7
Aldershot	4	2	1	1	5	3	7
Kidderminster	4	2	1	1	5	5	7
Boston Utd	4	2	0	2	4	3	6
Hartlepool	4	2	0	2	4	5	6
Worthing	4	2	0	2	7	7	6
Forest Green	4	2	0	2	5	8	6
Carlisle	4	1	2	1	8	6	5
Scunthorpe	4	1	1	2	6	6	4
Tamworth	4	1	1	2	8	11	4
FC Halifax	4	1	0	3	8	9	3
Altrincham	4	1	0	3	3	5	3
Gateshead	4	1	0	3	3	6	3
Woking	4	1	0	3	3	8	3
Wealdstone	4	0	2	2	4	7	2
Barrow	4	0	1	3	4	8	1
Solihull Moors	4	0	0	4	4	13	0

ENTERPRISE NORTH

	P	W	D	L	F	A	Pts
Hebburn	5	4	1	0	11	5	13
Chester FC	5	4	1	0	7	2	13
Macclesfield FC	5	4	1	0	7	3	13
Hereford FC	5	3	1	1	9	3	10
Oxford City	5	3	1	1	9	5	10
South Shields	4	3	1	0	5	2	10
Scarborough A	5	3	0	2	13	7	9
Harborough	5	2	2	1	8	6	8
Spalding Utd	5	2	1	2	5	3	7
Chorley	5	2	1	2	7	6	7
Buxton	5	2	1	2	8	8	7
Merthyr	5	1	3	1	7	6	6
Marine	5	2	0	3	6	5	6
Bedford	5	2	0	3	8	10	6
Worksop	5	2	0	3	5	9	6
Hednesford Tn	5	1	2	2	8	10	5
Southport	5	1	2	2	9	12	5
Brackley	4	1	1	2	4	6	4
Morecambe	5	1	1	3	4	6	4
King's Lynn	5	1	1	3	6	11	4
Spennymoor	5	1	1	3	5	12	4
Darlington	5	1	0	4	7	11	3
Radcliffe	5	1	0	4	3	10	3
AFC Telford	5	0	2	3	6	9	2

ENTERPRISE SOUTH

	P	W	D	L	F	A	Pts
Dag & Red	5	4	0	1	7	4	12
Weston-S-Mare	5	3	1	1	11	4	10
Truro City	4	3	1	0	7	0	10
Maidstone Utd	5	3	1	1	10	6	10
Folkestone Inv	4	2	2	0	9	3	8
Horsham	5	2	2	1	6	4	8
Dorking	5	2	1	2	9	5	7
Billericay	4	2	1	1	8	5	7
Tonbridge	5	2	1	2	8	6	7
Dover	5	2	1	2	11	11	7
Hemel Hemp	5	2	1	2	6	5	7
Farnborough	4	2	1	1	4	4	7
Chesham Utd	5	2	0	3	8	7	6
Chelmsford	4	1	3	0	3	2	6
Torquay	5	1	3	1	4	5	6
Farnham Tn	5	2	0	3	6	8	6
AFC Totton	4	2	0	2	2	7	6
Maidenhead	5	1	2	2	2	4	5
Salisbury FC	4	1	1	2	7	4	4
Braintree Tn	4	1	1	2	7	11	4
Hampton & R	5	1	1	3	6	14	4
Ebbsfleet Utd	0	0	0	0	0	0	0
Slough	4	0	0	4	6	13	0
Walton & Hers	5	0	0	5	2	16	0

THE PITCHING IN NORTHERN PREMIER

AVRO 5 Stockton Town 3, Alfreton Town 1 Warrington Rylands 2, Bamber Bridge 4 Hyde Utd 4, Bury FC 7 Ilkeston Town 0, Quorn 3 Whitby Town 6, Redcar Athletic 3 FC United of Manchester 2, Warrington Town 2 Emley AFC 2, Workington 3 Leek Town 2. **Played Friday -** Ashton Utd 1 Gainsborough Trinity 2, Cleethorpes Town 1 Curzon Ashton 3, Guiseley 1 Lancaster City 2.

THE PITCHING IN ISTHMIAN PREMIER

AFC Whyteleafe 2 Cheshunt 2, Aveley 0 Lewes 2, Carshalton Ath 2 Brentwood Town 0, Chatham Town 2 Wingate & Finchley 3, Dulwich 2 Three Bridges 2, Eastbourne Borough 0 Leatherhead 1, Enfield Town 5 Whitehawk 1, Maldon & Tiptree P Cray Wanderers P (Postponed - new date to be confirmed), St Albans 4 Stanway Rovers 1, Welling 1 Ramsgate 0. **Played Friday -** Burgess Hill Town 2 Dartford 1.

THE PITCHING IN SOUTHERN PREMIER SOUTH

Bath City 1 Uxbridge 2, Bracknell Town 3 Sholing 1, Chertsey Town 1 Frome Town 2, Chippenham 1 Berkhamsted 2, Evesham Utd 1 Plymouth Parkway 3, Gosport Borough 4 Malvern Town 2, Hanwell Town 0 Chichester City 2, Havant and W 3 Gloucester 3, Poole Town 2 Yate Town 1, Taunton Town 4 Basingstoke Town 3, Wimborne Town 0 Hanworth Villa 0.

THE PITCHING IN SOUTHERN PREMIER CENTRAL

Alvechurch 2 Racing Club Warwick 0, Banbury Utd 1 Stourbridge 1, Bromsgrove Sporting 3 Bishop's Stortford 0, Halesowen Town 0 Real Bedford 2, Hitchin Town 1 Kettering 1, Leamington 1 Worcester City 1, Leighton Town 2 Bury Town 3, Leiston 3 Redditch Utd 1, Stamford 0 Rushall Olympic 3, Stratford Town 1 Needham Market 2. **Played Friday -** APeterborough Sports 2 Anstey Nomads 1.

WELSH PREMIER

Played Friday - Barry Town United 4 Airbus UK Broughton 2, Cardiff Met Uni 3 Briton Ferry 0, Connah's Quay Nomads 3 Cambrian United 0, Holywell Town 3 Caernarfon Town 5, Llandudno 2 Haverfordwest County 0, Penybont 1 Flint Town United 1, The New Saints FC 5 Colwyn Bay 1, Trefelin BGC 1 Ammanford 1.

THE PITCHING IN NORTHERN PREMIER

	P	W	D	L	F	A	Pts
Cleethorpes	7	5	1	1	20	5	16
AVRO	7	5	1	1	22	13	16
Redcar Athletic	7	4	3	0	13	4	15
Warrington Tn	7	4	2	1	15	9	14
Bury FC	7	4	1	2	14	6	13
Gainsborough	7	4	1	2	14	7	13
Guiseley	7	4	1	2	14	9	13
Ashton Utd	7	3	2	2	10	6	11
Curzon Ashton	7	3	1	3	14	10	10
Emley AFC	7	2	4	1	8	7	10
Workington	7	3	1	3	11	14	10
Lancaster City	7	3	1	3	9	12	10
Alfreton Town	7	3	0	4	11	8	9
Warrington Ry	7	3	0	4	8	11	9
Whitby Town	7	3	0	4	10	19	9
Hyde Utd	7	2	2	3	7	13	8
Ilkeston Town	7	2	1	4	5	16	7
Leek Town	7	1	3	3	14	14	6
Bamber Bridge	7	1	3	3	10	19	6
Stockton Town	7	1	1	5	7	15	4
Quorn	7	0	3	4	9	19	3
FC Utd of Manc	7	0	2	5	5	14	2

LEAGUE ONE

BLACKPOOL (2) 4 PETERBORO' (0) 0

Williams 19
Charles 20
Anderson 56
Yates 72

Att: 9,327

Blackpool: Peacock-Farrell, Williams, Casey, Earl, Hamilton, Bowler (Lyons 79), Honeyman, Morgan (Clarkson 64), Anderson, Bloxham (Munroe 75), Charles (Yates 64). Subs not used: Southwood, Kouassi, Hunter.

Peterborough: Bass, Johnston (Dornelly 75), Okagbue, O'Connor, Mills, Kelly, Woods (Jones 60), Edwards (Shofowoke 60), Khela (Ormerod 77), Williams, Leonard. Subs not used: Andeng-Ndi, Weir, Conn-Clarke.

CAMBRIDGE (0) 1 HUD'SFIELD (0) 2

Bradshaw 80

Taylor 82, 89 (pen)
Att: 7,041

Cambridge Utd: Eastwood, Heffernan, Watts, Perry (Lavery 90), Bennett, Ball, Mpanzu (Moxon 74), Bradshaw, Knight (Bangura-Williams 74), Heath (KaiKai 59), Appere (Ahadme 59). Subs not used: Hughes, McConnell. Booked: Bennett, Bradshaw.

Huddersfield: Young, Balker, Wallace, Bowat, Bronkhorst, Ledson, Harness, Smith-Sway (Collins 66), Sanches Fernandes (Low 90), Taylor, Fletcher (Radulovic 66). Subs not used: Tzanev, Sorensen, Kasumu, Sebine.

L ORIENT (0) 1 BARNSLEY (1) 3

Oyekunle 85

Kirk 15
McGeehan 64 (pen)
Cleary 76

Leyton Orient: Phillips, Stevens, Olowu, Chinedu, Morris (Oyekunle 69), Hayden (Clare 60), El Mizouni, Akhamrich (Mitchell 69), Dobra (Obiero 46), Springett, Kabia (Archibald 60). Subs not used: Cahill, Wellens. Booked: Archibald, Hayden, Springett, Stevens.

Barnsley: Ravenhill, Noslin, O'Riordan, Gale, Kay, Bland, McGeehan, Alker (Richards 46), Kelly (Town 90), Cleary (O'Keeffe 79), Kirk (Farrell 72). Subs not used: Flavell, Taylor, Saunders. Booked: Bland, Gale, McGeehan, Noslin.

MK DONS (0) 0 LEICESTER (0) 0

Att: 16,198

Milton Keynes Dons: MacGillivray, Jones (Barnett 56), Ekpiteta, Goode (Sanders 81), Nelson, Bramall, Wintle, Barlaser (Silvera 80), Wiles (Gilbey 71), Collins (Paterson 56), Nombe. Subs not used: Dennis, Crowley.

Leicester: Stolarczyk, Joseph, Souttar, Thomas, McFarlane, Page, Burns (Howell 61), Chaplin (Bristric 36), Braybrooke, Watson (Alves 82), De Cordova-Reid (Cullen 82). Subs not used: McCarthy, Aluko, Kangasniemi. Booked: Cullen, Souttar, Thomas.

NOTTS CO (0) 2 BURTON ALB (1) 1

Smyth 78, 84 (pen)
Delap 22

Notts County: Belshaw, Gibbons, Ness, Bedeau, Tsaroulla (Samuels-Smith 90), Finneran, Evans (Smyth 46), Lipsiuc (Kouhyar 67), Mustapha, Roberts (Grant 66), Cooper. Subs not used: Griffiths, Baker, Muir. Booked: Finneran.

Burton Albion: Addai, Sibbick, Delap, Tilt, Lofthouse, Evans (Adom 87), Krubally (Collar 62), Armer, Chauke, Webster, Scutt (Shade 63). Subs not used: Araujo, Adiele, Sraha, Dudek. Booked: Armer, Evans, Krubally, Tilt. Sent-off: Tilt.

PLYMOUTH (1) 2 BRADFORD (0) 0

Pleguezuelo 44
White 50

Plymouth: Cooper, Harding, Mitchell, Pleguezuelo, Hartridge, Curtis (Watts 90), Bakinson, White, Irow (Amaechi 71), Evans, Pepple (Ibrahim 84). Subs not used: Storer, Edwards, Finn, Sorinola. Booked: Evans, Harding.

Bradford: McCracken, Baldwin, Pennington (Welch 64), Gillesphey, Neufville, Sarcevic, Connolly, Touray, Jackson (Phillips 46), Swan (Pointon 46), Beesley (Powell 64). Subs not used: Dawson, Cartwright, Pratt. Booked: Beesley, Connolly.

	P	W	D	L	F	A	Pts
Blackpool	3	2	1	0	7	2	7
Huddersfield	3	2	1	0	6	2	7
Stockport Cty	3	2	0	1	9	4	6
Sheff Wed	3	2	0	1	9	4	6
Bradford	3	2	0	1	3	2	6
Notts County	3	1	2	0	5	4	5
Luton	2	1	1	0	6	5	4
Oxford Utd	2	1	1	0	4	3	4
Barnsley	3	1	1	1	3	2	4
Cambridge Utd	3	1	1	1	5	5	4
Burton Albion	3	1	1	1	4	4	4
Plymouth	3	1	1	1	4	4	4
Bromley	3	1	1	1	4	8	4
Mansfield	2	1	0	1	3	3	3
MK Dons	3	0	3	0	3	3	3
Leyton Orient	3	1	0	2	4	5	3
Peterborough	3	1	0	2	2	7	3
Stevenage	3	0	2	1	4	5	2
Doncaster	3	0	2	1	3	4	2
Leicester	3	0	2	1	2	3	2
Wycombe	3	0	2	1	3	7	2
Reading	2	0	1	1	3	4	1
AFC Wimbledon	2	0	1	1	0	3	1
Wigan	2	0	0	2	2	5	0

LEADING SCORERS

Taylor	(Huddersfield)	3
Lowe	(Sheff Wed)	3
Adeboyejo	(Bromley)	3
Marriott	(Reading)	3

SHEFF WED (3) 7 BROMLEY (0) 2

Slattery 7
Burstow 31
Lowe 45, 73
Barry 46, 49
Otegbayo 81

Adeboyejo 85 (pen)
Otegbayo 87 (og)
Att: 30,006

Sheff Wed: Lumley, Valery, Santos (Otegbayo 46), Cooper (Palmer 69), James, Mitchell (Thornton 69), Bannan (Morrison 61), Lowe, Slattery, Barry (Al Hamadi 79), Burstow. Subs not used: Trueman, Moses. Booked: Slattery.

Bromley: George, Ifill, Headman, Sowunmi, Grant, Pinnock (Archer 46), McKiernan (Brenan 46), Conteh, Hondermarck (Mendy 60), Whitely (Adeboyejo 46), Cheek (Kabamba 69). Subs not used: Mason, Thompson. Booked: Pinnock, Sowunmi.

STEVENAGE (0) 2 DONCASTER (0) 2

Magennis 57
Sanderson 82

Senior 70
Bailey 80

Stevenage: Marschall, Vancooten, Piergianni, Freestone, James Wildin, Thompson (Taylor 73), Phillips, Patterson (Earley 90), Kemp, Roberts (Mellon 74), Magennis (Sanderson 71). Subs not used: Barden, Houghton, Knight.

Doncaster: Simkin, Bailey, Byrne, McGrath (Grehan 64), Senior, Robinson (Broadbent 63), Gotts, O'Reilly (Ayinde 64), Adelakun (McCann 46), May, Hutchinson (Hanlan 64). Subs not used: Clarke, Thomas. Booked: Hutchinson, McGrath, Senior.

STOCKPORT C (2) 5 WYCOMBE (1) 1

Wood 16, 23
Wootton 56
Diamond 61
Mandron 89

Woodrow 43
Att: 8,774

Stockport County: Whatmuff, Gordon, O'Connell, Pye, Glover (Edun 72), Bate, Norwood (Fiorini 81), Osborn, Diamond (Mandron 72), Wootton (Andresson 82), Wood (Adigun 64). Subs not used: Wilson-Brown, Gardner.

Wycombe: Hazard, Grimmer (Parker 77), Taylor, Cook (Casey 76), Harvie, Morley (Boyd-Munce 46), Scowen, Onyedinma, Henderson, Thomas (Quitima 71), Woodrow (Tezgel 70). Subs not used: van Sas, Mullins.

THOSE WERE THE DAYS

30 08 26

COMPILED BY Russell Lanning

ON THIS DAY IN HISTORY

1999

ANDY COLE hit four for Manchester United in a 5-1 win over his old club Newcastle — putting the reigning champs three points clear at the top after six games.

Cole opened the scoring on 13 minutes and added another three goals in the second half before helping Ryan Giggs to United's fifth.

2014

STOKE picked up their first Premier League victory in Manchester after Mame Biram Diouf's solo effort stunned champions City — winning 1-0.

Stoke had lost all their 12 previous league games at the Etihad and Old Trafford, with manager Mark Hughes savouring the win at his old former club.

2023

CHELSEA were rescued from a Carabao Cup scare as boss Mauricio Pochettino turned to his £106m World Cup winner Enzo Fernandez to see off Wimbledon.

The Argentina midfield ace netted in the 72nd minute after the Blues had gone behind, with Noni Madueke equalising from the spot.

GETTING YER ROUND IN... ANSWERS (from page 10)

ROUND 1: **Ryan Giggs (Mar 2004).** ROUND 2: **Hungary (Budapest).** ROUND 3: **4 (Liverpool, Newcastle, Man Utd & Stoke).** ROUND 4: **Myles Lewis-Skelly.** ROUND 5: **Mark Robins (Norwich v Oldham, Nov 1992).** ROUND 6: **Loris Karius.** ROUND 7: **Sylvain Distin.** ROUND 8: **Arsenal.** ROUND 9: **Leeds.** ROUND 10: **Wayne Rooney**

LEAGUE TWO

BARNET (1) 2 CHELTENHAM (0)2

Lakin 11
Tshimanga 78 (pen)

Broom 60
McCann 64

Barnet: Cox, Senior, Collinge, Tavares (Williams 66), Kenlock, Reeves, Ofoborh (Comley 75), Lakin (Noel-Williams 87), Gallagher, Tshimanga (Knowles 66), Kanu. Subs not used: Ashby-Hammond, Wright. Booked: Cox.

Cheltenham: Stanway, Tomkinson, Cundy, Wilson, Tomlinson, McWilliams (Stevenson 90), Willcox, Evans (Shipley 77), McCann, Broom, Weimann (Bickerstaff 68). Subs not used: Day, Otchere, Nurse, Barber. Booked: McWilliams, Tomkinson, Willcox.

COLCHESTER (0) 1 ROCHDALE (0) 0

Williams 87

Att: 4,683

Colchester: Lo-Tutala, Vincent-Young, Tucker, Raggett, Iandolo, Sesay (Terry 74), Hunt (Connolly 85), Thorn (Williams 57), Payne, Anderson, Ihionvien (Chiwome 57). Subs not used: Smith, Kuffour Jr, Digby. Booked: Hunt.

Rochdale: Ramming, Moss, Sherring, Ebanks-Landell, Wilson, Adeeko, Gilmour (Francis 79), Taylor (Smith 79), East (Dieseruvwe 88), Silcott-Duberry (Hannant 69), Brown. Subs not used: Waller, Adebayo-Rowling, Henderson. Booked: Gilmour, Moss.

CRAWLEY TN (0) 0 BRISTOL R (2) 2

James 23
Kamwa 41

Att: 4,120

Crawley Town: Michalski, Odimayo (Morgan 46), Farquharson, Barker, Russell (Di Biase 80), Adeyemo (Ewens-Findlay 57), Arthurs, Krasniqi (Orsi-Dadomo 57), Kamara (Richards 80), Watson, Aderoju. Subs not used: Izquierdo, Tinsdale. Booked: Krasniqi, Morgan, Watson.

Bristol Rovers: Young, James, Balmer, Harbottle, Purrington, Mola, Smallwood, Forde, Leigh (Aitchison 90), Kamwa, Cavegn (Harrison 90). Subs not used: Binns, Russell-Denny, Quigley, Kelly, Sanyaolu. Booked: Balmer, Harbottle, James, Leigh.

GILLINGHAM (1) 1 NORTHAMPTN (1)1

McManus 7

Briggs 36
Att: 5,701

Gillingham: Wright, Smith, Beckles, Dobbs, Freeman, Waldock, McKenzie (Antwi 55), McManus (Kendall 82), Hale (Sillah 81), Brophy (Webster 90), Goodwin (McCleary 81). Subs not used: Holtam, Booth. Booked: Beckles, McKenzie.

Northampton: Jeacock, Donacien (Dyche 70), Moore, Guthrie, Maxwell, Wormleighton (Hoskins 27), Evans, O'Brien-Whitmarsh, Briggs, Fornah, Warhurst (Opoku 59). Subs not used: Fitzsimons, Swyer, McCarthy, Saunders. Booked: Briggs, Dyche, Fornah, Maxwell.

GRIMSBY (1) 2 FLEETWOOD (1) 2

Doyle 37
Cook 64

Davies 6
Potter 69
Att: 7,067

Grimsby: Pym, Rodgers, Kacurri, McJannett, Sweeney, Turi, Amaluzor (Finch 46), Green, Doyle (Walker 83), Vernam (Morgan 74), Cook. Subs not used: Auton, Foulkes, Pruti, Reynolds. Booked: Kacurri, Rodgers.

Fleetwood Town: Lynch, Rooney, Bennett, Potter, Cirino (Andrew 85), Cannon (Murphy 77), Neal, Helm, McCann, Davies (Coughlan 60), Evans. Subs not used: Pradic, Loupalo-Bi, McLean, Haughey. Booked: Bennett, Cannon, Davies, Potter.

NEWPORT (1) 2 TRANMERE (0) 2

Gwengwe 11, 90

Okoro 71
Jones 75
Att: 4,606

Newport County: Wright, Norman, Jenkins, Cameron, Merritt (Sass 46), C Evans (Dibley-Dias 72), Brennan (Thomas 78), Bamba (K Evans 72), Biggins, Gwengwe, Doidge (Jarvis 54). Subs not used: Turner, Smith. Booked: Dibley-Dias, Doidge.

Tranmere: McGee, Senior, Faulkner, Smith (Jones 66), Slater (Turnbull 65), Vaulks, Conlon (Finley 66), Okoro (Brough 80), Ince, Whitaker (O'Connor 78), Ironside. Subs not used: Veevers, Boyce-Clarke. Booked: Ince, Slater.

OLDHAM (1) 3 SWINDON (0) 0

Nevitt 41
Kavanagh 84 (pen)
Fondop-Talom 90

Oldham: Hudson, Scott-Morriss, Daniels (Monthe 68), Delaney, Robson, Fawunmi (Chilvers 68), Norburn, Appiah-Forson, Drummond (Pett 86), Nevitt (Fondop-Talom 68), Kavanagh. Subs not used: Wilson, Woods, Temple.

Swindon: Ripley, Majekodunmi, Negru, Tafazolli, Clark, Middlemas (Nichols 59), Munda (Thomson 46), Clarke (Pearman 77), Millard (Glatzel 59), Drinan, Snowdon (Palmer 46). Subs not used: Ward, Debayo. Booked: Clarke, Majekodunmi, Ripley.

PORT VALE (0) 0 CREWE (0) 0

Att: 8,997

	P	W	D	L	F	A	Pts
Barnet	3	2	1	0	8	4	7
Walsall	3	2	1	0	6	2	7
York	3	2	1	0	6	4	7
Colchester	3	2	1	0	5	3	7
Crewe	3	2	1	0	2	0	7
Oldham	3	2	0	1	6	2	6
Bristol Rovers	3	2	0	1	9	6	6
Tranmere	3	1	2	0	5	3	5
Fleetwood Town	3	1	2	0	3	2	5
Grimsby	3	1	2	0	3	2	5
Newport County	3	1	1	1	8	7	4
Cheltenham	3	1	1	1	5	5	4
Rotherham	3	1	1	1	4	4	4
Swindon	3	1	1	1	2	4	4
Exeter	3	1	0	2	3	3	3
Chesterfield	3	1	0	2	2	3	3
Crawley Town	3	1	0	2	2	4	3
Shrewsbury	3	1	0	2	2	5	3
Northampton	3	0	2	1	1	2	2
Port Vale	3	0	2	1	1	3	2
Gillingham	3	0	2	1	1	4	2
Accrington	3	0	1	2	4	7	1
Salford City	3	0	0	3	1	5	0
Rochdale	3	0	0	3	1	6	0

LEADING SCORERS

Gwengwe	(Newport County)	4
Newby	(York)	3
Kavanagh	(Oldham)	3
Lakin	(Barnet)	3

LEADING ASSISTS

Boyes	(York)	3
Doidge	(Newport County)	2
Thorn	(Colchester)	2
Biggins	(Newport County)	2
Tshimanga	(Barnet)	2

ROTHERHAM (1) 2 CHESTERFIELD (0)1

Tavares 12
Mullin 90

Mandeville 88 (pen)
Att: 9,391

Rotherham: Cann, Adegboyega (Rafferty 59), Aljofree, Ngwenya, Hall, Cover, Otoo, Buyabu (Austerfield 64), Spence, Tavares (Martha 81), Bradshaw (Mullin 64). Subs not used: Eyestone, Ashley, Nemane. Booked: Buyabu, Cover.

Chesterfield: Boot, Hutton, McFadzean, Simpson, Gordon (Owolabi-Belewu 81), Stirk, McEachran (Lamptey 82), Markanday (Anisjko 82), Mandeville, Koroma (Naylor 70), Bonis (Bryden 60). Subs not used: Pond, Eccleston. Booked: Bonis.

SHREWSBURY (0) 1 SALFORD (0) 0

Boyle 74

Shrewsbury: Brook, Anderson, Boyle, Ruffels, Hoole, Sang, Gray, Berkoe, Turner-Cooke (Gbode 69), Davison (Lloyd 84), Fletcher. Subs not used: Proctor, England, Jude-Boyd, Lee, Golding. Booked: Anderson.

Salford City: Norris, Awe (Allen 61), Oluwo, Aimson, Garbutt (N'Mai 78), Molyneux, Bonds, Wiredu (Grant 78), Powell (Cesay 61), Udoh (Graydon 61), Langstaff. Subs not used: Long, Odoh.

WALSALL (2) 3 ACCRINGTON (1) 2

Smith 8
Burke 45
Pressley 53

Woods 12
Mols 57

Walsall: Ward, Browne (Ahui 46), Burke, Skura, Hancock, Moore (Crew 90), Sprangler, Clarke (Simper 73), Sodje (Dallas 73), Smith (Adomah 86), Pressley. Subs not used: Wooster, Furlong. Booked: Ahui, Moore, Skura, Sprangler.

Accrington Stanley: Moulden, Moore (Tutonda 78), Rawson, Matthews, Love, Conneely (Coyle 55), Henderson (Mols 55), Anderson, Whalley (Walton 55), Woods, Caton. Subs not used: Rogerson, Grant, Brown. Booked: Coyle, Walton.

YORK (1) 2 EXETER (0) 1

Newby 7
Malcolm 76

Fitzwater 90

York: McNally, Williams, Fallowfield, Kitching, Felix (King 67), Hunt (Read 66), Banks, Boyes (Hewitt 77), Newby (Medley 90), Pearce (Malcolm 66), Grey. Subs not used: Sykes-Kenworthy, McArthur. Booked: Fallowfield, Williams.

Exeter: Bycroft, Harper, James, Fitzwater, Sutherland (Samuel 77), Edwards, Cole (Oluwabori 82), Cummins, Perry (Oakes 82), Cox (Birch 46), Gordon. Subs not used: Phillips, Alsop, Wilson. Booked: Cole, Cummins, Edwards.

Port Vale: Smith, Lawrence-Gabriel, Humphreys, Hall, Gordon, Walters (Craig 88), Dempsey, Hernandez, Garrity (Croasdale 63), Waine (Simpson 70), Lynch (Headley 70). Subs not used: Terry, McGowan, Montsma.

Crewe: Booth, Billington, Demetriou (Thomas 90), Stephenson, Hutchinson, Offord, Holicek, Tabiner (Thibaut 87), Lankester (White 78), Gibson (Agius 78), March (McNeill 87). Subs not used: Lawlor, Ure. Booked: Demetriou.

THE PITCHING IN ISTHMIAN PREMIER

	P	W	D	L	F	A	Pts
Carshalton Ath	5	5	0	0	10	2	15
Enfield Town	5	4	0	1	16	6	12
Welling	5	4	0	1	11	4	12
Leatherhead	5	3	1	1	10	8	10
Lewes	5	3	1	1	7	5	10
Chatham Town	5	3	0	2	12	8	9
St Albans	5	3	0	2	9	9	9
Dartford	5	3	0	2	7	8	9
Burgess Hill	5	2	2	1	8	6	8
Wingate & F	5	2	2	1	7	7	8
Dulwich	5	2	1	2	11	6	7
Aveley	5	2	1	2	10	8	7
Eastbourne B	5	2	1	2	9	9	7
Ramsgate	5	2	0	3	10	7	6
Maldon & Tip	4	2	0	2	6	9	6
Cray W	4	1	2	1	4	4	5
Cheshunt	5	0	4	1	3	5	4
Brentwood	5	1	0	4	5	9	3
AFC Whyteleafe	5	0	2	3	5	12	2
Three Bridges	5	0	1	4	8	16	1
Stanway Rvrs	5	0	1	4	3	13	1
Whitehawk	5	0	1	4	3	13	1

THE PITCHING IN SOUTHERN PREMIER SOUTH

	P	W	D	L	F	A	Pts
Uxbridge	5	4	1	0	12	6	13
Plymouth Pky	5	3	1	1	15	6	10
Chertsey Town	5	3	1	1	11	6	10
Hanworth Villa	5	3	1	1	7	2	10
Frome Town	5	3	0	2	9	4	9
Chichester City	5	3	0	2	8	5	9
Taunton Town	5	3	0	2	15	13	9
Poole Town	5	3	0	2	7	7	9
Bath City	5	2	2	1	6	5	8
Yate Town	5	2	2	1	6	5	8
Gosport Boro	5	2	1	2	7	6	7
Bracknell Town	5	2	1	2	7	12	7
Berkhamsted	5	2	0	3	8	10	6
Evesham Utd	5	2	0	3	9	13	6
Wimborne Tn	5	1	2	2	4	4	5
Gloucester	5	1	2	2	7	8	5
Hanwell Tn	5	1	2	2	4	7	5
Basingstoke	5	1	1	3	9	11	4
Havant and W	5	1	1	3	5	9	4
Sholing	5	1	1	3	5	9	4
Chippenham	5	1	1	3	5	11	4
Malvern Town	5	0	2	3	6	14	2

THE PITCHING IN SOUTHERN PREMIER CENTRAL

	P	W	D	L	F	A	Pts
Real Bedford	5	5	0	0	17	4	15
Bury Town	5	5	0	0	11	3	15
Alvechurch	5	4	0	1	10	2	12
Bromsgrove Sp	5	4	0	1	11	5	12
Rushall Olym	5	4	0	1	11	6	12
Kettering	5	2	3	0	4	2	9
Leiston	5	2	2	1	10	7	8
Stourbridge	4	2	2	0	7	4	8
Anstey Nomads	5	2	2	1	7	5	8
Halesowen	4	2	0	2	2	3	6
Needham Mkt	5	2	0	3	6	8	6
Banbury Utd	5	1	2	2	6	8	5
Leighton Town	5	1	2	2	6	8	5
RC Warwick	5	1	2	2	5	7	5
Worcester City	5	1	2	2	5	7	5
P'borough Sp	5	1	2	2	4	6	5
Hitchin Town	5	0	3	2	5	8	3
Redditch Utd	5	0	3	2	4	7	3
Leamington	5	0	2	3	4	10	2
Stratford Tn	5	0	2	3	4	12	2
Bishop's St'ford	5	0	1	4	1	10	1
Stamford	5	0	0	5	1	9	0

SCOTLAND

WILLIAM HILL PREMIERSHIP

	P	W	D	L	F	A	Pts
Celtic	3	3	0	0	8	2	9
Hearts	3	2	0	1	7	3	6
Dundee	3	2	0	1	4	1	6
St Mirren	2	2	0	0	3	0	6
Motherwell	2	1	1	0	2	1	4
Dundee Utd	4	1	1	2	5	7	4
Hibernian	2	1	0	1	3	3	3
St Johnstone	3	1	0	2	5	6	3
Aberdeen	2	1	0	1	2	3	3
Rangers	2	0	1	1	2	3	1
Falkirk	3	0	1	2	1	4	1
Kilmarnock	3	0	0	3	4	13	0

CELTIC (2) 2 FALKIRK (0) 1
Duran 4, 29 — Donovan 72 (og)

HEARTS (2) 2 ST JOHNSTNE (0)1
Wilson 9 — Paton 48
Alic 39 (og) — Att: 18,714

KILMARNCK (0) 0 DUNDEE UTD (3) 4
Agyei 12
Sapsford 36 (pen)
Ferry 41
Att: 5,389 — Randall 77

WILLIAM HILL CHAMPIONSHIP

	P	W	D	L	F	A	Pts
Stenh'muir	4	3	1	0	8	2	10
Partick	4	2	2	0	4	1	8
Raith	4	2	1	1	5	3	7
Arbroath	4	2	1	1	3	3	7
Livingston	4	2	0	2	4	3	6
Ayr	4	1	2	1	4	4	5
Dunfermline	4	1	2	1	2	3	5
Inverness CT	4	0	3	1	2	4	3
Morton	4	0	1	3	2	6	1
Queen's Park	4	0	1	3	1	6	1

ARBROATH (0) 1 LIVINGSTON (0) 0
Reilly 48 (pen) — Att: 1,624

AYR (1) 1 MORTON (0) 1
Murphy 44 (pen) — Brophy 63
Att: 2,174

PARTICK (0) 0 QUEEN'S PRK (0) 0
Att: 3,911

STENHSMUIR (1) 3 INVERNESS (0) 1
O'Donnell 23, 51 — Sole 52
Young 57 — Att: 650

Played Friday

DUNFERMLNE (0) 1 RAITH (0) 0
Cooper 88 — Att: 7,281

WILLIAM HILL LEAGUE ONE

	P	W	D	L	F	A	Pts
Hamilton	5	4	1	0	11	0	13
Ross County	4	4	0	0	10	2	12
Alloa	5	2	2	1	6	2	8
East Kilbride	5	2	1	2	9	9	7
Peterhead	5	2	1	2	4	6	7
East Fife	5	1	3	1	3	2	6
Montrose	5	2	0	3	6	11	6
Cove Rangers	5	1	1	3	5	6	4
Airdrieonians	5	0	3	2	2	8	3
Queen of Sth	4	0	0	4	2	10	0

AIRDRIE (0) 0 EAST FIFE (0) 0
Att: 996

ALLOA (1) 1 PETERHEAD (0) 1
Marchant 45 — Ross 55
Att: 559

MONTROSE (1) 2 QN OF STH (0) 1
Oliver 3, 54 (pen) — Clark 49
Att: 561

HAMILTON (1) 1 COVE (0) 0
Ryan 16 — Att: 812

ROSS CNTY (1) 4 E KILBRIDE (0) 0
Graham 45, 72
McCarvel 48, Lindsay 51

WILLIAM HILL LEAGUE TWO

ANNAN ATH (0) 2 DUMBARTON (0) 0

ELGIN (2) 4 STIRLING (0) 0

SPARTANS (0) 3 CLYDE (1) 3

STRANRAER (2) 2 KELTY (0) 0

Played Friday

EDINBURGH C (0) 1 FORFAR (0) 1

	P	W	D	L	F	A	Pts
Elgin	5	3	2	0	17	5	11
Clyde	5	3	1	1	11	6	10
Forfar	5	2	2	1	6	5	8
Stranraer	5	2	1	2	6	6	7
Spartans	5	1	3	1	12	11	6
Annan Ath	5	2	0	3	6	7	6
Kelty Hearts	5	2	0	3	7	10	6
Stirling	5	1	1	3	6	12	4
Edinburgh City	5	2	2	1	7	8	3
Dumbarton	5	1	0	4	2	10	3

thesun.co.uk/football

Goals

PAPER APP ONLINE

LEAGUE ONE

Hen pecks at his Owls

By JON WEST

HENRIK PEDERSEN was annoyed with his SHEFFIELD WEDNESDAY stars — despite thrashing BROMLEY 7-2.

Jamal Lowe *(inset)* and Louie Barry bagged braces with goals from Callum Slattery, Mason Burstow and Gabriel Otegbayo.

Victor Adeboyejo's penalty and Otegbayo's own-goal boosted Bromley late on.

Owls boss Pedersen fumed: "How we finalised the game was not good enough, we gave two easy goals away.

"This is not who we want to be. The first 75 minutes was a strong performance."

BLACKPOOL moved into top spot after a 4-0 thumping of PETERBOROUGH.

Jordan Williams, Dion Charles, Karoy Anderson and Jerry Yates found the net to knock BRADFORD — 2-0 losers at PLYMOUTH — off the summit.

HUDDERSFIELD stayed in second as Joe Taylor's late double secured a 2-1 victory at CAMBRIDGE.

STOCKPORT are third after two Harry Wood goals helped thrash WYCOMBE 5-1.

Luka Smyth scored twice as NOTTS COUNTY came from behind to down ten-man BURTON 2-1 with Curtis Tilt sent off.

Burton's Finn Delap, 21-year-old brother of Nottingham Forest's £50million man Liam, scored his first goal as a pro.

MATCH STATS

MK DONS		LEICESTER
7	SHOTS	24
1	SHOTS ON TARGET	7
24%	POSSESSION	76%
197	PASSES	643
130	COMPLETED PASSES	574
15	TOUCHES IN OPP BOX	41
4	CORNERS	9
9	FOULS CONCEDED	6
0/0	YELLOW/RED CARDS	3/0
	MATCH TIME: 96m 46s	
	BALL IN PLAY: 57m 37s	

OUTFOXED . . . Harry Souttar and Louis Page gang up on Dons' Sam Nombe

MARTIN SHORT!

Russ rues missing goal

By PETER OAKES

MK Dons.....0
Leicester.....0

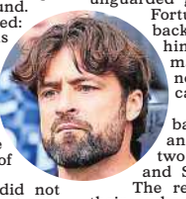
RUSSELL MARTIN shrugged off Leicester fans' boos and insisted: "I want to give them a team they are proud of!"

Pressure is already mounting on Martin *(below)* after four games without a win and his stay at the King Power could be even shorter than his four months at Rangers unless he turns things around.

But the Foxes boss claimed: "The only thing missing was a goal. If we score one, everyone would be talking about how well we did.

"We were one goal short of being really brilliant.

"The team is so young but it will come. We have to learn that last little bit of ruthlessness."



It wasn't as if Leicester did not have their chances – with close to 76 per cent possession and 24 shots in a one-sided match.

But two points out of nine tells its own sorry tale and the near 6,000 travellers demanded more.

Bobby Decordova-Reid missed a golden chance after nine minutes, fluffing his shot wide with only keeper Craig MacGillivray to beat.

Dons had only one real chance as Polish keeper Jakub Stolarczyk dashed out of his area but got nowhere near the ball and left an unguarded goal.

Fortunately for Martin – back at the club that gave him his first shot at management – they had no one in a position to cash in.

Jayden Joseph hit the bar in the second half and McGillivray pulled off two stops to deny Joseph and Sammy Braybrooke.

The result sees Dons preserve their unbeaten league record with a third draw in a row.

Gaffer Paul Warne admitted: "I leave with more good feelings than negative and that's pleasing.

"The lads were determined not to lose, we leave with a point, so happy days!"

DEAN'S BEELIEF

He eyes play-off push

By GEOFF KNOX

Barnet.....2
Cheltenham.....2

DEAN BRENNAN is making a beeline for the top seven after his Barnet side just missed out on the play-offs last term.

And the Bees chief was not Hive-talking after this thrilling draw kept Barnet up with the League Two pace-setters.

The Londoners recovered from a dreadful start to their first season back in the EFL and dropped just two points – to champions Bromley – in their final eight matches.

They fell short finishing in eighth but remain unbeaten this term after a real ding-dong with Cheltenham.

Brennan said: "What a brilliant match. They had a go, we had a go – I didn't want it to end.

"You're looking at honest lads – in both teams – who are giving everything for their families and representing their managers.

"We got 76 points last year. In 18 of the last 20 seasons that would've got you in the play-offs.

"This time last year I don't think we had any points."

Charlie Lakin scored just three league goals in 80 appearances for Walsall but has now netted three in three for new club Barnet.

He finished off a slick move to put the hosts ahead on 11 minutes.

The Robins were level on the hour when Ryan Broom punished woeful home defending.

Barnet shot themselves in the foot again four minutes later, Myles Kenlock's weak back-pass allowing Jake Evans to tee up Charlie McCann for Cheltenham's second.

But ref Abigail Byrne enraged the visitors by awarding a spot-kick after Broom felled Oisin Gallagher just inside the box.

Kabongo Tshimanga tucked the 78th-minute penalty away and the spoils were shared.

Town boss Steve Cotterill moaned: "We're allowed to say it was a very poor refereeing performance. I like Abi, for me it's not a penalty. It's not in the box. It's definitely not clear.

"I'm really happy with the boys but it could have been slightly better."

MATCH STATS

BARNET		CHELTENHAM
14	SHOTS	9
3	SHOTS ON TARGET	5
57%	POSSESSION	43%
392	PASSES	316
261	COMPLETED PASSES	191
29	TOUCHES IN OPP BOX	17
11	CORNERS	4
7	FOULS CONCEDED	19
1/0	YELLOW/RED CARDS	3/0
	MATCH TIME: 96m 40s	
	BALL IN PLAY: 49m 29s	

BARN STORMER . . . Tshimanga slots in the controversial spot-kick equaliser

LEAGUE TWO

MERRY MILLER . . . Rotherham hero Mullin

Paul feels at home

By JON WEST

ROTHERHAM won at home for the first time since February thanks to Paul Mullin's maiden Millers goal.

Striker Mullin, signed from Wrexham, struck in the final minute to earn a 2-1 victory over CHESTERFIELD.

Fabio Tavares fired Rotherham ahead but Tom Bradshaw missed a penalty and Liam Mandeville levelled in the 88th minute.

Sub Mullin gave new boss Alex Bruce — son of Steve — his first victory.

Bruce said: "One-on-one with the keeper, you wouldn't want anybody else in that position. It was a great finish."

SALFORD'S sorry start to the season continued with a 1-0 loss at previously pointless SHREWSBURY.

It is three defeats in three for new boss Peter Cklamovski — they also lost to the Shrews in the Carabao Cup on penalties.

Will Boyle scored the only goal and Aussie Cklamovski said: "We've dug ourselves into a little hole."

Promoted ROCHDALE are also on zero points after sub Jaden Williams' late goal earned COLCHESTER a 1-0 win in Essex.

YORK are faring better on their Football League return — a 2-1 home victory against EXETER lifted them up to third.

30 AUGUST - 5 SEPTEMBER 2026

THE Sun ON SUNDAY

TV Soap

7-DAY TV LISTINGS

BIGGER! ER! MORE NNELS!

EASTENDERS

Watch out, WALFORD!

NICOLA'S SISTERS ARE BACK IN THE SQUARE - AND THIS TIME THEY'VE BROUGHT THE WHOLE FAMILY!

Bathrooms designed for **independent living**

Shower safely.

Bathe comfortably.

Comfortable seats, grab rails & latest safety features

Designed for comfort, style & independence

Fast, expert installation with minimal disruption

Your journey to a **safer bathroom**

1 Free home consultation
Design advice, a free 3D design and fixed-price quote.

2 Survey & planning
Your dedicated project manager ensures every detail is planned.

3 Expert installation
Professionally fitted in just a few days by your local team.

4 Aftercare & warranty
Enjoy ongoing support and complete peace of mind.

"Delighted!" ★★★★★ Trustpilot

Everyone was very helpful, friendly and caring. We can't wait to show our family and friends our new wetroom.

"Safe, easy access bathing can help maintain your independence and wellbeing."

Dr Hilary Jones - GP and Health advisor

MobilityPlus

www.mobility-plus.co.uk

For your FREE brochure call

0800 088 4810

Please quote reference **MCK704**

EASTENDERS

RAVI'S ENGAGED!

As Priya turns to Jean after the bombshell paternity test results, Ravi encourages her to announce their engagement. After getting involved with the plans for Kim's wedding, Priya awkwardly ends up working on Cindy's event too. But that situation isn't why she comes over all queasy – she legs it from The Albert as she's got morning sickness. She runs into Penny, though, and ends up admitting she's pregnant. Of course, she swears Penny to secrecy, but that's now another person in the know. And in soapland, once those floodgates are open…

Soon, impressed with Ravi's progress, Priya decides it's time to share their marriage plans with Nugget and Avani. That's great news for Ravi, but it doesn't stop him pushing for the identity of Priya's lover, which kind of takes the shine off the moment. When Max later walks Priya home, Ravi spots what looks like a bond between them and everything falls into place – and it's not long before he finds a way to confirm his suspicions about Priya's boss. Later, when the local men gather for Max's stag night, the groom is missing. Is it payback time?

UNHAPPY FAMILIES

Most newcomers don't arrive in Walford with a man tied up in their car boot, and it's fair to say Nicola's recent surprise reunion with her sisters and mum wasn't a lovefest. While Nicola's shocked when her siblings Gemma and Jodie once again show up in the Square – along with Gemma's son Ryder – she lets them stay, on the condition that her mum Rose isn't going to join them. Which, of course, is the cue for Gemma's husband Ned and Rose to rock up. The Hawkins clan are here, but Nicola's not ready to play happy families, and she demands that Gemma and Ned make other plans. While Harry tells Jodie and Ryder that they can stay, he urges his mum to bury her beef with Rose.

Later, Ned goes to apologise to Kat about the commotion the Hawkins have caused, but he's delighted to see an old friend – Alfie. Nicola's thrown to then find her mob gathered in The Vic, where Alfie offers Ned and Gemma a bed. By the next morning, Kat makes it clear that it was a one-night-only agreement, while over at Peacock Palace, Linda and Elaine can't wait for Rose to pack her stuff and leave.

The gang then try to engineer a scheme to sort out Nicola and Rose's issues, but it totally backfires. Nevertheless, Nicola softens and tells Gemma and Ned that they can kip with her family for a short time, before finding out *exactly* what's brought the Hawkins clan to Walford…

My storyline with... Jamie Bamber (Ned Roper)

You're playing Nicola's brother-in-law Ned, part of the Hawkins family. Tell us about him.

Ned knows the impact he makes. He's someone who believes in discipline and in making the most of your own opportunities in life. But he is a failure when you first meet him. And yet he doesn't *behave* like a failure. They are essentially – this family – refugees from Essex. With nowhere to go… a hot mess of people whose lives are ruined. They have no home, their house is burnt down, and Walford is their first port of call.

Why is he so strong?

Ned knows nobody in this Square, but the thing he's got is his wit, his discipline. He's a former military man, from nothing, who worked his way up through the ranks. He's become a therapist – he retrained within the Army as a PTSD therapist. So he's someone who can talk, he's someone who can listen. He used to defuse bombs. So he stays calm in extraordinary, tense situations.

How has it felt joining *EastEnders*?

It's utterly unlike anything I've ever done before and I've been doing this for 30 years. I've got a mentor for the first time in my life, aged 53. And it happens to be Ian Beale [Adam Woodyatt]! I've been watching Ian on screen since I was 12. For my first take, Adam was off, he was on holiday. But he came in to watch my first scene. I was really humbled and touched by that .

"I've got a mentor for the first time in my life and he happens to be Ian Beale! I was really humbled"

Your credits include *Battlestar Galactica* and *Law & Order: UK*. Had you ever thought about doing a soap before?

No, this is not something that I ever thought would be on my radar. I've lived all over the globe and done things in different parts of the world. But I am a Londoner, and now I'm back in London. I watched the very first episode of *EastEnders* back in 1985, you know, when half the country were watching it. It's the only returning drama that I've ever watched as a fan. It's an experience I never thought I'd have, and here I am having it. And I thank my lucky stars.

EMMERDALE

MURDER MOST TORRID

Recent sad events are certainly keeping DS Ramsden busy, and she wastes no time in filling a shocked Serena in on her secret plan. However, the cop's not done with another case just yet, as the fallout from Dr Todd's murder just keeps getting messier and messier…

First, Charity's trying to make sure she and Sarah are on the same page when it comes to their lies about what happened, but she doesn't realise Sarah is spiralling. This isn't helped by Bear, who unknowingly puts Sarah's head into a further spin when he chats to her about how terrible Charity must be feeling knowing she killed Todd – obviously not aware the real culprit is looking him right in the eyes. Then, when Todd's funeral arrives, Sarah's guilt overwhelms her. Although Charity plans a happy family meal, DS Ramsden interrupts to tell her there are some big anomalies in her police statement about Todd...

Charity goes with the cops for further questioning, and as Sarah's worries go into overdrive, she's soon saying she wants to tell the police *everything* – leaving Serena concerned that *she* will end up getting locked up too…

KIMINAL RECORD?

Emmerdale fans were left in turmoil last week when Joe and Dawn's wedding ended in disaster and *two* tragic deaths. But while viewers are struggling to come to terms with the loss of Jimmy and Dawn, it's Joe who's struggling the most after watching his bride pass away from complications after giving birth to a baby boy. As he sinks further and further into his overwhelming grief, Kim and Graham watch on heartbroken and helpless. They're also understandably worried about the impact this will all have on Joe's newborn son.

But before they have time to put together a plan to help, DS Ramsden arrives with some shocking news – she's arresting Kim on suspicion of causing the crash that ultimately led to Dawn's death! Kim can't quite believe what she's hearing. But when she's in the police interview room opposite a *very* determined Ramsden, it becomes clear that there's even more to this story than we thought…

CORONATION STREET

WAKE-UP CALL

A confession from beyond the grave blows the Winter-Brown family to smithereens this week, as Celeste – Bernie's aunt and Todd's bestie – passes away and leaves her family to process a devastating secret… On Sunday, Todd and Gemma have a barney and he urges her to visit her dying aunt – at the Chariot Square, obviously – but their meeting is cut short when her health declines. Todd arrives and Gemma leaves, but he ends up having a bust-up with Celeste and storming off. Later, Gemma sees paramedics rushing to Celeste's hotel room and has to tell Bernie that her aunt has died, leaving behind a *huge* bombshell…

Meanwhile, Todd arrives to see Celeste and Ryan tells him that she's gone to a better place (no, not the Marriott). Gemma tells Kit about Celeste's secret, then Dev finds Bernie blubbing. The hidden truth is clearly distressing, and Gemma tells Bernie that she'll be by her side. As a sad Todd sorts through Celeste's belongings, he finds a note to say she wants them to have a party instead of the funeral. So they gather at the hotel bar and Todd reads out a letter from the deceased…

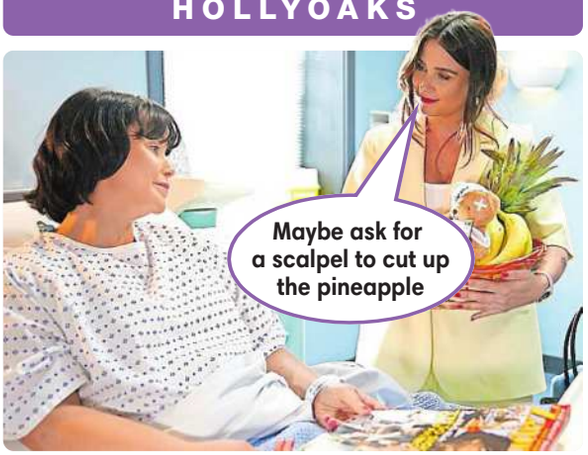
EIGHTIES THROWBACK

Debbie's dementia has a grip on her and this week it takes her back to a simpler time – the Eighties, when she was a hairdresser, which is unfortunate for Bethany, who ends up looking like the fourth member of *Bananarama*!

Ronnie's heart goes out to his wife when he sees she's wearing slippers for a supplier meeting and he guides her home. But his gentlemanly conduct takes a hit when he steals Idris' car for Fiona to even the score over the missing gun. Idris soon discovers Ronnie is the thief, and punches him (steady, Rocky!). Carl begs his stepdad not to go all out for revenge, because Debbie needs him to be calm.

Back in the salon, Bethany is too polite to put Debbie right about her nostalgic look, so Maria steps in. Later, Debbie finds Ronnie boozing in the bar and has a meltdown. Kevin and Abi then take Debbie to lunch to discuss her birthday plans, but Ronnie thinks it would be best if they keep the arrangements low-key… The hotel, anyone?

HOLLYOAKS



DREAD BASKET

Twisted teacher Abigail has firmly got inside Dee Dee's head, so much so that the confused teenager tried to kiss her apparent mentor last week. But as Dee Dee attempts to make sense of her actions, there's more drama at the school as Nancy suffers an MS relapse and needs medical attention. Dee Dee calls for help, and Abigail charges into action, but after saving Nancy, she suddenly turns frosty on her target – luckily, though, Maddox is on hand to support Dee Dee.

The next day, Nancy's pleased when Abigail shows up at the hospital with an impressive fruit basket, unaware that her newest recruit is trying to worm her way into her good books. Abigail then returns to the school, and Dee Dee is terrified when the teacher singles her out to read out a chapter of a book during an English class. However, Abigail's response to Dee Dee's efforts leaves the youngster even more unsure of herself, and it's clear that Abigail's grooming of her vulnerable student is only just beginning…

GOING, GOING... GONE MISSING

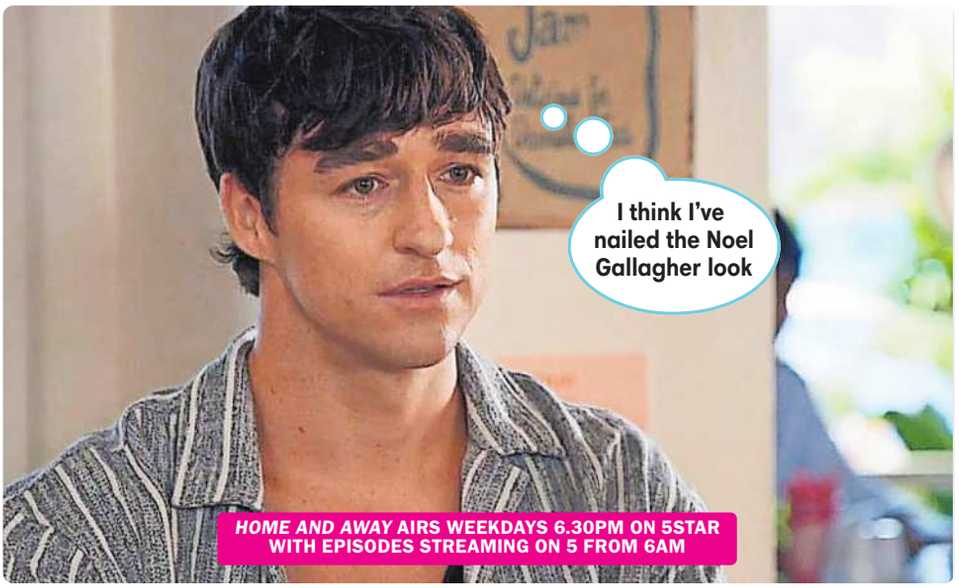
Ste and Leela are in over their heads with James' return, while Mercedes is unaware that she's on the wrong side of gangster Gemma. So when Mercy, Ste and Leela all go missing, could James or Gemma be responsible – or is there a more sinister force at play?

The week kicks off with Ste, er, kicking off at James after an ill-advised drink, and he publicly accuses him of killing Rex – but the lawyer's caring reaction to Ste's plight should arouse suspicion. Meanwhile, Gemma panics that the police are close to twigging she's the elusive crime boss they're seeking. She confesses her concern to Warren, but the moment is ruined by Xander (the son of Rex's apparent killer, Martin, remember?), who labels Gemma a murderer. Xander, by the way, is also best buddies with Lucas, who's released from prison this week.

Anyway, Gemma wants Warren all to herself, so she offers Mercedes a spa day – who then invites Ste and Leela to join her. Gemma asks her henchmen to follow them, and as Mercy and her two pals stop off at a service station, they suddenly disappear without a trace…

***HOLLYOAKS* AIRS MONDAY TO WEDNESDAY 7PM E4, WITH EPISODES STREAMING ON CHANNEL 4 FROM 7AM**

HOME AND AWAY



***HOME AND AWAY* AIRS WEEKDAYS 6.30PM ON 5STAR WITH EPISODES STREAMING ON 5 FROM 6AM**

THE DANGER ZANE

Zane only showed up last week, but he's already gone missing. So when David arrives at Alf's place, wanting to get the paperwork signed off for Zane's new address, Alf lies that Zane's gone fishing, knowing Marilyn needs more time to find him. But poor Marilyn can't see anything that points to Zane's whereabouts in their letters, and starts to worry. That's until Mali spots Zane scavenging around for food in the bin, before he cuts himself jumping out of it. Luckily, with Mali's gentle persuasion, Zane ends up in the hospital, with Marilyn by his side. She makes him promise never to run away again, and says he can move in with her. What will Alf have to say about that?!

Well, the jury's *definitely* still out for Alf, but he's determined to keep a good eye on Marilyn – starting with ensuring she and Leah make up. Later, Zane and Leah bond over wanting the best for Marilyn, and Leah apologises to Marilyn and asks her to come back to work. Marilyn's answer? She'll return – but only if Zane can too!

BEAU AND AGGRO

Cash knows time is of the essence to get Beau locked up for the drugs drama he's brought to the Bay, but he can't pin down actual evidence. However, then Tane turns the case on its head, as he's seething with Beau for hurting Harper and goes for him, leading Cash to step in. Now, Cash is on a mission – to find Harper and get Beau locked up.

Luckily, Cash discovers Harper just in the nick of time, as she's frantically packing up her car. He assures Harper that she could help make Beau pay and says he can take pictures of her bruises as evidence. While it's touch-and-go, Harper eventually agrees and heads to the station with Cash. However, when Beau realises she's turned against him, he goes ballistic. But Beau can't hurt her, as, thanks to Cash's new evidence, David steps in to arrest him. Finally! However, just as Cash should be looking forward to celebrating his huge work win, he's then blindsided in a *big* way...

SUNDAY 30 AUGUST

BBC1

HD: Freeview 101 Sky 101 Virgin 101 FreeSat 101

6.00 am Breakfast (S)
8.50 Match Of The Day Highlights of the latest matches in the Premier League, including Liverpool v Nottingham Forest. (R,S)
10.00 Prayer And Reflection (R,S)
10.30 Sunday Morning Live (S)
11.30 Money For Nothing (R,S)
12.15 Bargain Hunt Two teams go head to head searching for bargains in Detling, Kent. (R,S)

9pm Vigil

1.00 BBC News (S)
1.15 Songs Of Praise (S)
1.50 FILM The Croods 2: A New Age Animated comedy sequel, featuring the voice of Nicolas Cage. (2020) ★★★★ (S)
3.15 Zog (R,S)
3.35 Planet Earth III: Wonders Of Nature (R,S)
4.35 Homes Under The Hammer Property auctions. (R,S)
5.35 BBC News (S)
5.50 BBC Regional News (S)
6.00 Countryfile (S)
7.00 NEW Hamza: African Birds Of Prey Hamza Yassin embarks on an epic journey to film Kenya's most spectacular birds of prey. (S)
8.00 Antiques Roadshow (6/19) From Wollaton Hall in Nottingham. (R,S)
9.00 NEW Vigil (1/6) Silva and Longacre investigate the murder of a British citizen in the Arctic. (S)
10.00 BBC News At Ten (S)
10.25 BBC Regional News (S)
10.30 Match Of The Day (S)
11.40 NEW Chase & Status @ Reading Festival 2026 The drum and bass duo headlines the final day of the 2026 Reading Festival. (S) Followed by **Weather For The Week Ahead**
1.05-6am BBC News (S)

REGIONAL VARIATIONS

BBC ONE WALES As main BBC ONE except: 4.35pm The Hairy Bikers' Bakeation **5.05-5.35pm** Best Of Weatherman Walking

BBC2

HD: Freeview 102 Sky 102 Virgin 102 FreeSat 102

6.30 am A To Z Of TV Gardening The letter U. (R,S)
7.15 Glorious Gardens (R,S)
8.00 Countryfile (R,S)
9.00 Best Of Weatherman Walking (S)
9.30 Beechgrove Garden (S)
10.00 Saturday Kitchen Best Bites Series highlights. (S)
11.30 Caribbean Food Made Easy With Levi Roots. (R,S)
12.00 FILM Ben-Hur Adventure. (1959) ★★★★★ (S)

10pm The Godfather

3.25 The Big Deal With Steph McGovern (R,S)
4.25 Fake Or Fortune: What Happened Next? (R,S)
5.25 FILM The Italian Job Crime comedy, starring Michael Caine. (1969) ★★★★ (S)
7.00 Today At The Test England v Pakistan. Action from the fourth day of the second Test in the three-match series, held at Lord's Cricket Ground in London. (S)
8.00 Pilgrimage: The Road Through The Alps (1/3) Celebrities of differing faiths and beliefs begin a pilgrimage through the Austrian and Swiss Alps to Einsiedeln Abbey, a pilgrim destination for over a thousand years. (R,S)
9.00 Rob And Rylan's Passage To India (1/3) Rob Rinder and Rylan Clark travel around India. (R,S)
10.00 FILM The Godfather A crime family becomes involved in a battle for control of New York. Gangster drama, starring Marlon Brando. (1972) ★★★★★ (S)
12.50 Saving Lives At Sea (R,S)
1.50 Sign Zone: Murder Trial – Death Of A Dog Walker Part two of two. (R,S,SL)
2.50-3.50am Buried With Michael Sheen (R,S,SL)

S4C 6am Cyw **9.00** Y Cosmos **10.00** Radio Fa'ma **11.00** Garddio A Mwy **11.30** Cartrefi Cymru **12noon** Natur Cymru **1pm** Fairbourne: Y Mor Wrth Y Drws **1.55** Iaith Ar Daith **2.55** Pobol Y Cwm Omnibws **4.00** Dartiau: Pencampwriaethau Cymru 2026

ITV1

HD: Freeview 103 Sky 103 Virgin 103 FreeSat 103

6.00 am The Voice UK (R,S)
7.00 James Martin's Saturday Morning (R,S)
9.25 ITV News (S)
9.30 Love Your Weekend With Alan Titchmarsh (R,S)
11.25 The Joy Of Pets (S)
12.30 NEW Gary Barlow's Food And Wine Tour: New Zealand The Take That star explores the country's vineyards, food and landscapes. (S)

9pm Trigger Point

1.00 ITV News (S)
1.15 LIVE ITV Racing: From Goodwood Coverage from Goodwood, Beverley and Sandown Park. (S)
4.00 Celebrity Lingo (R,S)
4.30 FILM Jurassic World Dinosaur adventure sequel, starring Chris Pratt. (2015) ★★★★ (S)
6.35 ITV News (S)
6.45 Regional News (S)
7.00 Force Of Nature (6/6) The people helping animals cope with extreme weather. (S)
8.00 SOAP Emmerdale DS Ramsden is suspicious. (S)
8.30 SOAP Coronation Street Nina bids an emotional farewell to her friends. (S)
9.00 NEW Trigger Point (1/6) Lana and her team track a suspicious lorry. Thriller starring Vicky McClure. (S)
10.00 ITV News (S)
10.15 Unbelievable Moments Caught On Camera A selection of extraordinary eyewitness footage filmed by members of the public. (R,S)
11.10 Trigger Point (1/6) Lana and her team track a suspicious lorry. (R,S)
12.10 Shop On TV
3.00 The Rainmaker (R,S,SL)
3.50 Unwind With ITV (S)
5.05-6am Motorsport UK (R,S)

7.15 Newyddion S4C A'r Tywydd **7.30** Dartiau: Pencampwriaethau Cymru 2026 **11.00-11.35pm** Nol O'r Dibyn Gyda Iolo Williams

CHANNEL 4

HD: Freeview 104 Sky 104 Virgin 104 FreeSat 104
Wales HD: Freeview 110 Sky 108 Virgin 108 FreeSat 106

6.20 am Cheers Two shows. (R,S)
7.15 Everybody Loves Raymond Three episodes starring Ray Romano. (R,S)
8.30 Frasier Triple bill. (R,S)
10.00 Sunday Brunch Tim Lovejoy and Simon Rimmer are joined by guests Everlast, Gary Wilmot, Elinor Lawless, Su Pollard, GK Barry and Anita-Joy Uwajeh. With music from Paul Heaton. (S)

8pm Richard E Grant's Very...

1.00 The Simpsons (R,S)
1.25 The Simpsons (R,S)
1.55 The Simpsons (R,S)
2.25 Our Farm Next Door: Amanda, Clive And Kids Documentary. (R,S)
3.30 FILM The Bridge On The River Kwai Oscar-winning WWII drama, starring Alec Guinness. (1957) ★★★★★ (S)
6.35 C4 News (S)
7.00 Gogglebox Compilation of highlights from series 27. (S)
8.00 Richard E Grant's Very Modern Odyssey (4/4) On Corfu, Richard learns about the Greek island's embattled past. (S)
9.00 NEW 24 Hours In Police Custody: The Ambush (1/2) The case of a teenager left critically injured on the roadside. (S)
10.15 NEW Love Cheats Real-life cases of romance fraud. When a global music icon falls for a businessman, she has no idea of the triple life hiding behind his perfect persona. (S)
11.15 Gogglebox (R,S)
12.15 FILM Three Thousand Years Of Longing Romantic fantasy, starring Tilda Swinton and Idris Elba. (2022) ★★★★ (S)
2.00-2.50am Ramsay's Kitchen Nightmares USA (R,S,SL)

CHANNEL 5

HD: Freeview 105 Sky 105 Virgin 105 FreeSat 105

6.00 am Milkshake! Followed by **Entertainment News On 5**
9.15 Bargain-Loving Brits In The Sun Laura-Elen celebrates her 50th birthday. (R,S)
9.40 Super Dogs With Extraordinary Jobs (R,S)
11.35 FILM PREMIERE Clifford The Big Red Dog Family adventure based on the book series, starring Jack Whitehall and John Cleese. (2021) ★★★ (S)

8pm Inside The Four Seasons...

1.40 Cruising The Islands Of The Med With Jane McDonald Exploring Greece. (R,S)
3.30 The Great Flood Of 1968 Documentary. (R,S)
5.00 Britain's Favourite Ads Of The 70s & 80s (R,S)
6.50 5 News Weekend (S)
7.00 Cycling: Vuelta A España 2026 Rebecca Charlton presents highlights of stage nine of the Grand Tour race, a 187.4km mountain route from La Vila Joiosa to Alto de Aitana. (S)
8.00 Inside The Four Seasons: Park Lane (5/5) When clients request an early-morning hotel tour, the team races to deliver bespoke pastries before they arrive, while head of housekeeping Ivan faces a setback. (S)
9.00 Rich House, Poor House A wealthy couple who own a manor house and wedding venue swap with a single mother of two living in a small council flat. (R,S)
10.00 The Most Embarrassing TV Moments A selection of TV cock-ups. (R,S)
12.05 The Rise & Fall Of John Leslie (R,S)
1.00 Cruise TV (R,S)
2.00-2.50am GPs: Behind Closed Doors (R,S)

SUNDAY'S TOP TV

ITV2

11.20am Deal Or No Deal **12.20** The Voice UK **1.35** Celebrity Catchphrase **2.35 FILM!** Ella Enchanted. Fantasy adventure, starring Anne Hathaway. (2004) **4.30 FILM!** Nanny McPhee And The Big Bang. Fantasy comedy, starring Emma Thompson. (2010) **6.40 FILM!** Tomb Raider. A kickboxing heiress risks her life to save her missing father. Action adventure starring Alicia Vikander. (2018) **9.00 NEW EPISODE!** The Only Way Is Essex. Saff challenges Junaid with some home truths about his fractured friendships. **10.00** Olivia Attwood: The Price Of Perfection **11.00** Family Guy **12.00** American Dad! **1.05** Plebs **1.35** G'wed **2.05** Changing Ends **2.35-3am** Unwind With ITV

ITV3

12noon The Darling Buds Of May **1.10 FILM!** Chitty Chitty Bang Bang. Children's musical adventure, starring Dick Van Dyke. (1968) **4.10** Midsomer Murders **10.00** Vera **11.50** Wycliffe **12.55** The Dark **1.55** George And Mildred **2.20-2.30am** Unwind With ITV

ITV4

11.05am Cadfael **12.45** The Memoirs Of Sherlock Holmes **1.55** Hornblower **6.20 FILM!** Waterloo. Historical drama, starring Rod Steiger. (1970) **9.00 FILM!** Six Bullets (2012) **11.20 NEW EPISODE!** The Summit Australia **12.35** All Elite Wrestling: Dynamite **2.30-3am** Unwind With ITV

BBC THREE

7pm EastEnders **9.00** Top Gear. Jeremy Clarkson and James May pay tribute to Swedish car manufacturer Saab. **10.00** The Split: Barcelona. First in a two-part special of the legal drama, starring Nicola Walker. **11.00** The Split: Barcelona **12.00 FILM!** Arthur The King (2024) **1.40** Confessions Of A Steroid Gang **2.40** Top Gear **3.40-3.55am** Rocket Fuel

BBC Three 10pm The Split:...

BBC FOUR

7pm The Golden Age Of Canals. The changing face of Britain's canals after the Second World War. **8.00 NEW!** Modern Classics At The Proms. Tom Service presents of showcase of new music from the classical music festival. **10.00 NEW!** Dame Maureen Lipman Remembers – Absurd Person Singular **10.15** Absurd Person Singular. Alan Ayckbourn's comedy drama, starring Michael Gambon. **12.10** Alan Ayckbourn: The Levin Interviews **12.40** Modern Classics At The Proms **2.40-3.40am** The Golden Age Of Canals

E4

11.10am FILM! Home (2015) **1.10** Ramsay's Kitchen Nightmares USA **3.05 FILM!** Home Alone 2: Lost In New York (1992) **5.40** Cruising Paradise: Above And Below Deck **6.40 NEW EPISODE!** Lego Masters Australia **8.00** Ramsay's Kitchen Nightmares USA. The chef helps a steak house in Indiana. **9.00** Celebrity Gogglebox **10.00** Sarah Millican: Late Bloomer **11.05 FILM!** Scream. Horror sequel, with Neve Campbell. (2022) **1.25** Gogglebox **2.30** Below Deck **4.05** Modern Family **4.30-6am** Hollyoaks Omnibus

MORE4

12noon A Place In The Sun **3.50** Come Dine With Me **6.20** Four In A Bed **9.00** Surgeons: Life In Their Hands. A 25-year-old patient needs a liver transplant. **10.00** Police Rescue **11.00** 24 Hours In A&E **1.05** Surgeons: Life In Their Hands **2.05** Police Rescue **3.10-3.40am** The Perfect Pitch

SUNDAY 30 AUGUST

FILM4

11am It Came From Outer Space (1953) **12.45** Patrick (2018) **2.35** Turner & Hooch (1989) **4.40** Entrapment (1999) **6.55** Sister Act (1992) **9.00** A Few Good Men. Military courtroom drama starring Tom Cruise. (1992) **11.45** Darkman (1990) **1.35-3.50am** The Frighteners (1996)

U&DAVE

7.20am Eddie Eats America **7.45** Top Gear: India Special **9.40** Top Gear: Polar Challenge **10.40** Top Gear: Burma Special **1.20** Mortimer & Whitehouse: Gone Fishing **3.20** Would I Lie To You? **6.00** Tropic Of Capricorn **7.00** Guy Martin: Proper Jobs **8.00** NEW EPISODE! Pete Wicks: For Dogs' Sake **9.00** Have I Got A Bit More News For You **10.00** QI **10.40** Mock The Week **12.00** Live At The Apollo **1.00** QI XL **2.00-4am** Parks And Recreation

5USA

9.05am Cops **9.30** Blue Bloods **1.20** Columbo **10.00** Law & Order: Special Victims Unit. Four episodes. **1.55-3.50am** NCIS: Los Angeles

5STAR

7.30am EFOLDi Mobility Scooters **8.00** Car Pound Cops **8.30** Friends **10.00** 100 Funniest Cats Caught On Camera **12.00** Nightmare Tenants, Slum Landlords **1.00** Traffic Cops **5.00** Police Interceptors **9.00** FILM! The Da Vinci Code. Starring Tom Hanks. (2006) **11.55** A&E After Dark **12.55** Killer On The Run **1.55** Sleeping With My Murderer **2.45** Skin A&E **3.30-4am** Friends

SKY MIX

6am Border Patrol **7.00** Border Security: America's Front Line **9.00** Nothing To Declare **10.00** Caught On Dashcam **2.00** FILM! Bride Wars (2009) **4.00** Nothing To Declare **4.30** David Attenborough's Natural History Museum Alive **5.45** Attenborough And The Giant Elephant **7.00** Caught On Dashcam **9.00** FILM! Mr & Mrs Smith. Comedy adventure with Brad Pitt. (2005) **11.30** Forensics: Catching The Killer **1.30** Killer In My Village **2.30** Motorway Patrol **4.00-6am** Border Patrol

REALLY

6am Fantasy Homes By The Sea **8.00** Fantasy Homes By The Sea **10.00** Derelict Rescue **11.00** My Lottery Dream Home **3.00** Escape To The Country **5.00** A Place In The Sun **9.00** Long Lost Family. Reuniting families. **10.00** Who Do You Think You Are? **11.00** Celebrity Help! My House Is Haunted **4.00-6am** My Lottery Dream Home

U&W

6.10am Classic Neighbours **11.00** My Family **1.00** The Supervet: Noel Fitzpatrick **6.00** Inside The Ambulance **8.00** Inside The Operating Theatre **9.00** Inside The Operating Theatre **10.00** Emma Willis: Special Births **11.00** Emma Willis: Special Births **12.00** Stacey Dooley Sleeps Over **1.00** Inside The Ambulance **1.35-3am** Sort Your Life Out With Stacey Solomon

Sky Sports Main Event 4pm Super Sunday

U&YESTERDAY

6.10am Abandoned Engineering **8.00** Great Continental Railway Journeys **10.00** Great Canal Journeys **12.00** Canal Boat Diaries **3.00** Russia With Simon Reeve **4.05** Porridge **8.00** Bangers & Cash **10.00** Canal Boat Diaries **11.00** FILM! Sir Alex Ferguson: Never Give In (2021) **1.30** David Attenborough's Natural Curiosities **2.00-3am** Abandoned Engineering

TALKING PICTURES

6am FILM! Beauty And The Barge (1937) **7.30** The Lucy Show **8.00** Sherlock Holmes **8.30** FILM! The Kansan (1943) **10.10** FILM! Dancing With Crime (1947) **11.50** Batman **12.25** FILM! The Four Feathers (1978) **2.30** NEW! Freddie Davies: A Life In Show Business **3.30** For The Love Of Ada **4.00** The Man From UNCLE **5.00** The Footage Detectives **6.00** FILM! The Long Arm (1956) **8.00** FILM! Malta Story (1953) **10.05** FILM! Confessions Of A Pop Performer. Comedy starring Robin Askwith. (1975) **11.50** The Heritage Chart Show **12.55** FILM! The Abominable Snowman (1957) **2.40** FILM! Come Back Peter (1952) **4.15** Look At Life **4.30** The Adventures Of Robin Hood **5.00** The Buccaneers **5.30-6am** Supercar

SKY ATLANTIC

6am Urban Secrets **8.00** The White Lotus **10.55** House Of The Dragon **9.00** NEW EPISODE! The Terror: Devil In Silver **11.00** The Iris Affair **12.05** Gomorrah: The Origins **4.15** Fish Town **5.05-6am** The Guest Wing

SKY WITNESS

6am A1: Britain's Longest Road **7.00** Caught Red Handed **9.00** Customs UK **10.00** Stop, Search, Seize **11.00** Border Patrol **12.00** Nothing To Declare UK **1.00** UK Border Force **2.00** Nothing To Declare **7.00** Caught On Dashcam **10.00** The Rookie **11.00** Law & Order: Criminal Intent **12.00** FBI **1.00** The Rookie **2.00** NEW EPISODE! Law & Order: Special Victims Unit **3.00** The Good Doctor **4.00** A1: Britain's Longest Road **5.00-6am** Road Wars

U&GOLD

7.25am The Vicar Of Dibley **3.40** Red Dwarf **9.30** The Royle Family **10.45** Red Dwarf **12.40** The Royle Family **2.00** The Outlaws **3.20-4am** The Royle Family

COMEDY CENTRAL

8am Mr Bean **9.00** Friends **6.00** FILM! Mean Girls 2 (2011) **7.55** Mr Bean **9.00** FILM! Horrible Bosses. With Jason Bateman. (2011) **10.55** Jimmy Carr's Am I The A**hole? **11.55** 8 Out Of 10 Cats Uncut **1.35** Lee Evans – Monsters **2.40** Michael McIntyre: Hello Wembley! **3.30** Jimmy Carr's Am I The A**hole? **4.15-5am** Stupid Central

SKY COMEDY

8am Sort Of **8.25** Will & Grace **9.30** Hitmen: Reloaded **12.30** FILM! Marmaduke (2010) **2.15** Animal Control **7.30** The US Office **9.00** Harry Hill: New Bits & Greatest Hits **10.30** FILM! Bill & Ted's Excellent Adventure (1989) **12.10** Jack Dee: Small World **1.40** Hitmen **4.30-5am** Sort Of

SKY ONE

6am FILM! Epic Tails (2022) **7.45** Terry Pratchett's Going Postal **9.45** David Attenborough's Galapagos **12.45** David Attenborough's Natural History Museum Alive **2.15** Best Medicine **3.10** FILM! The Secret Garden (2020) **5.00** The Simpsons **7.00** Rob & Romesh Vs Bollywood **8.00** Rob & Romesh Vs Hollywood Stunts **9.00** FILM! Bohemian Rhapsody (2018) **11.30** Queen: Live At Wembley Stadium **1.45** The Walking Dead: Dead City **2.40** The Force: North East **3.35** Road Wars **5.00-6am** Highway Patrol

SKY SCI-FI

6am Most Haunted **11.00** Stargate SG-1 **4.00** Stargate Atlantis **9.00** Stargate Universe **10.40** FILM! Stargate Origins: Catherine (2018) **12.40** Discovering Sci-Fi On Film **2.00-5am** The Walking Dead

DISCOVERY

6am Wheeler Dealers **10.00** The Best Of Wheeler Dealers **11.00** Wheeler Dealers **12.00** Building Off The Grid **2.00** Alaska: Homestead Rescue **7.00** NEW EPISODE! Homestead Rescue: Intervention **9.00** Barnwood Builders **10.00** In The Eye Of The Storm **11.00** Mighty Truckers **12.00** Kindig Customs **3.00-5am** American Chopper

TLC

7am Young Sheldon **10.00** The Big Bang Theory **8.00** Georgie And Mandy's First Marriage **9.00** Mock The Week **1.00** Young Sheldon **1.30** Dr Pimple Popper **2.30** Say Yes To The Dress: UK **3.00** My 600lb Life **5.00-6am** Say Yes To The Dress

SKY CINEMA PREMIERE

7.10am Tom And Jerry: Forbidden Compass (2025) **8.55** Goat (2026) **10.45** Charlie The Wonderdog (2025) **12.20** Looney Tunes: The Day The Earth Blew Up (2024) **1.55** Panda Plan 2: The Magical Tribe (2026) **3.45** Rise Of The Conqueror (2026) **6.00** Goat (2026) **7.45** Hamnet (2025)

Sky Cinema Premiere 7.45pm Hamnet

9.55 Five Nights At Freddy's 2. Horror sequel, starring Josh Hutcherson and Elizabeth Lail. (2025) **11.45** Seven Snipers (2026) **1.20** Panda Plan 2: The Magical Tribe (2026) **3.05** Tom And Jerry: Forbidden Compass (2025) **4.50-6.30am** Looney Tunes: The Day The Earth Blew Up (2024)

SKY CINEMA COMEDY

7.20am Gremlins 2: The New Batch (1990) **9.20** Beverly Hills Cop III (1994) **11.15** Mr Bean's Holiday (2007) **1.00** Seven Psychopaths (2012) **2.55** Ace Ventura: Pet Detective (1994) **4.25** Ace Ventura: When Nature Calls (1995) **6.05** We're The Millers (2013) **8.00** Logan Lucky. With Channing Tatum. (2017) **10.05** Multiplicity (1996) **12.10** The Ballad Of Wallis Island (2025) **1.55** Friendship (2024) **3.45** Uncle Buck (1989) **5.30-7.20am** Funny Cow (2018)

SKY CINEMA ACTION

7.20am The Cinema List: Nature Gone Wild **7.35** Bad Boys (1995) **9.40** Bad Boys II (2003) **12.10** Transformers (2007) **2.35** Transformers: Age Of Extinction (2014) **5.25** Transformers: Dark Of The Moon (2011) **8.00** Transformers: Revenge Of The Fallen. With Shia LaBeouf. (2009) **10.30** Transformers: The Last Knight (2017) **1.05** Clash Of The Titans (2010) **2.55** Sisu: Road To Revenge (2025) **4.40-6.20am** The 7th Voyage Of Sinbad (1958)

GREAT! MYSTERY

8am Good News On GREAT! Extra **8.10** Diagnosis Murder **9.10** Hailey Dean Mysteries **10.06** Good News On GREAT! **11.00** Murder, She Wrote **9.00** Hailey Dean Mysteries. Drama with Kellie Martin. **10.50** Hailey Dean Mysteries **11.46** Good News On GREAT! **11.51** Hailey Dean Mysteries **12.50** FILM! A Murderer Upstairs (2017) **1.46** Good News On GREAT! **2.40** FILM! Treacherous (2018) **4.05** Diagnosis Murder **4.50-5am** Good News On GREAT! Extra

SKY SPORTS MAIN EVENT

11am LIVE SPORT! SPFL. Aberdeen v Rangers. Kick-off at **12.00. 1.00** LIVE SPORT! Premier League. Chelsea v Brighton & Hove Albion. Kick-off at **2.00. 4.00** LIVE SPORT! Super Sunday. Manchester United v Ipswich Town. Kick-off at **4.30. 7.30** LIVE SPORT! PGA Tour Golf. The Tour Championship. **11.00** LIVE SPORT! US Open Tennis. Coverage of day one of the Grand Slam. **12.00** LIVE SPORT! US Open Tennis. Coverage of day one of the Grand Slam. **2.30** LIVE SPORT! US Open Tennis. Coverage of day one of the Grand Slam. **5.30-6am** Sky Sports News

SKY SPORTS FOOTBALL

11am LIVE SPORT! SPFL. Aberdeen v Rangers. Kick-off at **12.00. 2.30** EFL Cup Highlights **4.00** EFL Highlights **6.30** EFL Cup Highlights **7.00** EFL League One Goals **7.30** EFL League Two Goals **8.00** SPFL **10.00** EFL Highlights **10.45** SPFL Highlights **11.00** EFL League One Goals **11.30** EFL League Two Goals **12.00** EFL **3.00** SPFL Highlights **3.30** EFL Greatest Games **4.00-6am** EFL Cup Retro

TNT SPORTS 1

11.45am LIVE SPORT! UCI Mountain Bike World Championship. Coverage from the women's elite cross county olympic race. **1.45** TNT Sports Reload **2.00** LIVE SPORT! UCI Mountain Bike World Championship. Coverage from the men's elite cross county olympic race. **4.30** TNT Sports Reload **4.45** UEFA Champions League Magazine **5.15** LIVE SPORT! Serie A. Napoli v Como. Kick-off at **5.30. 7.30** LIVE SPORT! Serie A. Cagliari v Inter Milan. Kick-off at **7.45. 9.45** The Breakdown **10.00** MotoGP **11.00** British Superbikes **11.30** UEFA Champions League Magazine **12.00** Reframe The Game **12.15** LIVE SPORT! MLB. Chicago Cubs v Cincinnati Reds. **3.00-4am** Hard Knocks: Training Camp With The Seattle Seahawks

TNT SPORTS 2

11am LIVE SPORT! MotoGP. The Grand Prix of Aragon Moto2 race. Start-time at **11.15. 12.15** LIVE SPORT! MotoGP. The Grand Prix of Aragon MotoGP race. Start-time at **1.00. 3.00** LIVE SPORT! World Rally Championship. The Rally del Paraguay. **4.30** FIM Speedway World Cup **5.30** MLB Highlights **6.30** LIVE SPORT! MLB. New York Yankees v Boston Red Sox. Start-time at **6.35. 9.30** ESports Show **10.00** La Vuelta Men **11.00** CPL Highlights **11.30** LIVE SPORT! CPL. St Kitts & Nevis Patriots v Antigua & Barbuda Falcons. **3.45-5.45am** Test Cricket Highlights

TNT SPORTS 3

11am LIVE SPORT! La Vuelta Men. Coverage of stage nine of the Grand Tour race. **5.00** CPL Highlights **5.30** LIVE SPORT! NWSL. Washington Spirit v Bay FC. Kick-off at **5.30. 7.45** Reframe The Game **8.00** LIVE SPORT! MLB. New York Mets v Houston Astros. **11.00** Ultimate Pool **12.30** UCI Mountain Bike World Championship **1.30** TNT Sports Reload **2.00** Serie A **3.00** La Vuelta Men **4.00** Serie A **5.00-6am** UCI Mountain Bike World Championship

DON'T MISS

MORE OF TODAY'S BEST TELLY

Sky Sports Main Event 1pm Premier League

ITV2 6.40pm Tomb Raider

U&Dave 8pm Pete Wicks: For Dogs' Sake

Sky Atlantic 9pm The Terror: Devil In Silver

Sky One 9pm Bohemian Rhapsody

Sky Witness 10pm The Rookie

MONDAY 31 AUGUST

BBC1

HD: Freeview 101 Sky 101 Virgin 101 FreeSat 101

6.00 am Breakfast (S)
9.30 Morning Live With Gethin Jones and Helen Skelton. (S)
10.45 Rip Off Britain: Rogues A woman who might lose her home. (S)
11.30 Homes Under The Hammer Properties in South Yorkshire, east London and Darlington. (R,S)
12.15 Bargain Hunt Jonathan Pratt and Kate Bliss assist the teams in Ardingly. (S)

8pm The Royal Edinburgh...

1.00 BBC News At One (S)
1.30 Money For Nothing (S)
2.15 The Travelling Auctioneers A retiring farmer sets out to empty a whole farm of heirlooms. (R,S)
2.45 Escape To The Country A home in County Down and County Antrim. (R,S)
3.45 Garden Rescue (S)
4.30 The Answer Run (R,S)
5.15 Pointless (S)
6.00 BBC News At Six (S)
6.20 BBC Regional News (S)
6.30 Celebrity Escape To The Country With Strictly Come Dancing professional Neil Jones. (R,S)
7.30 SOAP EastEnders Nicola gets a shock when the Hawkins arrive in Walford. (S)
8.00 NEW The Royal Edinburgh Military Tattoo the annual spectacular from Edinburgh Castle. (S)
9.00 Vigil (2/6) Amy hunts for the kidnapper of a government minister. (S)
10.00 BBC News At Ten (S)
10.20 BBC Regional News (S)
10.30 Have I Got News For You (8/10) With Victoria Coren Mitchell, Chris McCausland and Janet Street-Porter. (R,S)
11.00 FILM Four Weddings And A Funeral Romantic comedy, with Hugh Grant. (1994) ★★★★ (S)
1.00-6am BBC News (S)

BBC2

HD: Freeview 102 Sky 102 Virgin 102 FreeSat 102

6.20 am Beechgrove Garden Lizzie Schofield picks the first of this year's tomatoes. (R,S)
6.50 Sign Zone: Celebrity MasterChef With Emily Steel, Nitin Ganatra, Tom Simons, Donna Preston and Eric Underwood. (R,S,SL)
7.50 Match Of The Day Highlights of the latest Premier League matches. (R,S)
9.00 BBC News (S)

8pm Only Connect

1.00 Richard Osman's House Of Games (R,S)
1.30 The Edge (R,S)
2.15 Weatherman Walking (R,S)
2.45 Animal Park Summer (R,S)
3.30 Serengeti III (R,S)
4.30 Vintage Antiques Roadshow (R,S)
5.15 Flog It! (R,S)
6.00 Richard Osman's House Of Games (R,S)
6.30 Great British Railway Journeys (R,S)
7.00 Today At The Test England v Pakistan. (S)
8.00 Only Connect (8/34) The Creepy Crawleys take on the Risk Takers. (S)
8.30 University Challenge (8/37) Amol Rajan asks the questions as the University of Birmingham take on the University of Leicester. (S)
9.00 Surviving 9/11 The stories of 13 people caught up in the events of 11 September 2001, featuring accounts of the two-hour period when terrorists attacked the Twin Towers and the Pentagon. (R,S)
10.30 FILM The Godfather Part II Oscar-winning drama sequel, starring Al Pacino. (1974) ★★★★★ (S)
1.40 Sign Zone: Countryfile Rural reports. (R,S,SL)
2.35-3.35am Emergency 24/7 Docuemtary. (R,S,SL)

ITV1

HD: Freeview 103 Sky 103 Virgin 103 FreeSat 103

6.00 am Good Morning Britain Morning magazine featuring a lively mix of news and current affairs, plus health, entertainment and lifestyle features. (S)
10.00 This Morning A mix of celebrity interviews, entertainment news, current affairs discussions, a look at sports competitions, health columns, cooking tips and tricks, and more. (S)

7.30pm Millionaire Hot Seat

1.45 ITV Lunchtime News (S)
1.50 Regional News (S)
2.00 Dickinson's Real Deal (R,S)
3.00 Lingo (R,S)
4.00 Deal Or No Deal (R,S)
5.00 Tipping Point (R,S)
6.00 Regional News (S)
6.10 ITV Evening News (S)
6.30 The Chase Celebrity Special Quiz show. (R,S)
7.30 NEW Millionaire Hot Seat Return of the quiz, hosted by Jeremy Clarkson. (S)
8.00 SOAP Emmerdale Gabby is unable to cope. (S)
8.30 SOAP Coronation Street Todd is rocked to learn of Celeste's death. (S)
9.00 Trigger Point (2/6) Clues lead Lana and her team to a boatyard. (S)
10.00 ITV News Headlines. (S)
10.20 FILM Superman Returns The Man of Steel returns to Earth to discover his arch-enemy Lex Luthor is wreaking havoc with stolen alien technology. Comic-book adventure, with Brandon Routh and Kevin Spacey. (2006) ★★★ (S)
12.50 Shop On TV
3.00 The Staircase (R,S)
4.05 Unwind With ITV (S)
5.10 Dermot's Taste Of Ireland (R,S,SL)
5.35-6am Gary Barlow's Food And Wine Tour: New Zealand (R,S,SL)

CHANNEL 4

HD: Freeview 104 Sky 104 Virgin 104 FreeSat 104
Wales HD: Freeview 110 Sky 108 Virgin 108 FreeSat 106

6.30 am The King Of Queens American comedy. (R,S)
7.45 Everybody Loves Raymond Comedy. (R,S)
9.10 Frasier Triple bill. (R,S)
11.10 Ramsay's 24 Hours To Hell And Back Gordon Ramsay tries to improve a Mexican restaurant in Los Angeles. (R,S)
12.05 Find It, Fix It, Flog It A repair and upcycling shop in need of a bit of help. (R,S)

8pm Fred's Ultimate Hotels

1.05 The Great House Giveaway In Northumberland. (R,S)
2.10 Countdown (S)
3.00 A Place In The Sun (R,S)
4.00 The Great B&B Challenge It's the last week of the competition. (R,S)
5.00 Château DIY (R,S)
6.00 NEW A New Life In The Sun: Where Are They Now? Debbie and Paul try to rebuild after a fire destroyed their B&B. (S)
7.00 C4 News Headlines. (S)
7.30 Kirstie And Phil's Love It Or List It: Brilliant Builds (3/5) Kirstie Allsopp and Phil Spencer look back at homes in Stoke and Newcastle. (R,S)
8.00 NEW Fred's Ultimate Hotels Fred Sirieix meets the people behind the world's most spectacular hotels. In the first episode, he stays at a hotel in Marrakech commissioned by the King of Morocco. (S)
9.00 24 Hours In A&E 22-year-old Claire has collapsed while running, prompting an urgent CT scan. (S)
10.00 Love Cheats A con man who used tales of tragedy to lure in victims. (S)
11.05 The Murder Detective Documentary. (R,S,SL)
1.55-2.50am Secret Lives Of Gypsy Wives (R,S,SL)

CHANNEL 5

HD: Freeview 104 Sky 105 Virgin 105 FreeSat 105

6.00 am Milkshake! Followed by **Entertainment News On 5**
9.15 Jeremy Vine The broadcaster discusses the issues of the day. (S)
11.30 Storm & Alexis Discussion and debate. (S)
12.30 LIVE Snooker: British Open 2026 Coverage of the afternoon session on day one, held at the Centaur in Cheltenham, featuring first-round matches. (S)

6.45pm Snooker: British Open

5.30 Motorhoming With Merton & Webster (R,S) Followed by **5 News With Dan Walker**
6.30 Britain's Greatest Bridges An insight into the design and building process of the Britannia Bridge. (R,S)
6.45 LIVE Snooker: British Open 2026 Coverage of the evening session on day one of the contest. (S)
8.00 Street Cops: Catching The Yobs (6/6) Rod and Adam team up with armed officers to track down youths linked to a machete incident, while Ben and Jenson respond to reports of a suspected drug-driver. (S)
9.00 Fare Dodgers: At War With The Law Investigators Joey, Ela and new recruit Weronika track a suspect believed to have avoided more than £1,400 in fares, using travel data and CCTV to intercept him at Ilford Station. (S)
10.00 Police: Suspect No 1 (4/5) A Scunthorpe household is terrorised by masked invaders who hold them at knifepoint. (R,S)
11.05 Traffic Cops (10/20) Officers deal with back-to-back accidents. (R,S)
12.05 Motorway Cops: Catching Britain's Speeders (R,S)
1.30-2.30am Cruise TV With LoveitBookit (R,S)

REGIONAL VARIATIONS

BBC ONE WALES As main BBC ONE except: 6.30pm Best Of Weatherman Walking **7.00-7.30pm** The Travelling Auctioneers

S4C 6am Cyw **12noon** Richard Holt: Yr Academi Felys **12.30pm** Heno **1.00** Straeon Harri Parri **2.00** Newyddion S4C A'r Tywydd **2.05** Prynhawn Da **3.00** Newyddion S4C A'r Tywydd **3.05** Miwsig Fy Mywyd **4.00** Awr Fawr: Blociau Rhif **4.05** Awr Fawr: Sam Tan **4.15** Awr Fawr: Bendibwmbwls **4.25** Awr Fawr: Sion Y Chef **4.40** Awr Fawr: Amser Maith Maith Yn Ôl **5.00** Stwnsh: Dennis A Dannedd **5.10** Stwnsh: Byd Rwtsh Dai Potsh **5.25** Stwnsh: Bwystfil **5.35** Stwnsh: He-Man A Meistri'r Bydysawd **6.00** Arfordir Cymru: Sir Benfro **6.30-6.59** Lowri Morgan: Her 333 **7.00** Heno **7.45** Newyddion S4C A'r Tywydd **8.00** Y Sîn **8.25** Garddio A Mwy **8.55** Newyddion S4C A'r Tywydd **9.00** Ralio+ **9.35** Cefn Gwlad **10.35** Y Deis **11.05pm-12.10am** Y Fets

FREEVIEW AND SATELLITE CHANNELS

ITV2

12.10pm Deal Or No Deal **1.10** Supermarket Sweep **2.10** Wheel Of Fortune **3.10** The Only Way Is Essex **4.10 FILM** Kung Fu Panda (2008) **6.00** Celebrity Catchphrase **7.00** Wheel Of Fortune **8.00** The 1% Club **9.00 NEW EPISODE!** The Only Way Is Essex. Jonnie has a tense run in with Freddie over his relationship with Dani. **10.00** Family Guy **11.35** American Dad! **12.35** Bob's Burgers **1.30** Plebs **1.55** Deep Fake Neighbour Wars **2.20-3am** Unwind With ITV

ITV3

11.30am Heartbeat **1.35** Midsomer Murders **3.35** Classic Emmerdale **4.40** Classic Coronation Street **5.50** Heartbeat **8.00** Midsomer Murders. Drama. **10.00** Lewis **11.50** Poirot **2.00-2.30am** George And Mildred

ITV4

11.25am Magnum, PI **1.30** The Memoirs Of Sherlock Holmes **2.40** Boon **3.45** Hornblower **5.50 FILM** Robin Hood: Prince Of Thieves (1991) **9.00 FILM** A Fistful Of Dynamite. Spaghetti Western, starring Rod Steiger. (1971) **12.15** Lost **1.50** Motorsport UK **2.45-3am** Unwind With ITV

BBC THREE

7pm Wallace & Gromit: A Grand Day Out **7.25 FILM** Paddington 2. Comedy, with the voice of Ben Whishaw. (2017) **9.00** The Great British Sewing Bee **10.00** Silent Witness. Leo receives devastating news. **12.00** Confessions Of A Teenage Fraudster **2.15** Football's New Generation **3.25-3.55am** Paddy & Molly: Show No Mersey

BBC FOUR

7pm The Architecture The Railways Built **7.45** The Flying Gardener **8.00** Archaeology: A Secret History **9.00** Mastermind: 1977 **9.30** Call My Bluff. Game show. **10.00** Close To Vermeer **11.20** Tutankhamun: The Truth Uncovered **12.20** Nature And Us: A History Through Art **1.20** The Flying Gardener **1.35** Close To Vermeer **2.50-3.50am** Archaeology: A Secret History

E4

12noon The Simpsons **2.00** The Goldbergs **3.00** Modern Family **5.00** The Simpsons **7.00 NEW EPISODE!** Hollyoaks **7.30** Brooklyn Nine-Nine **8.00 NEW EPISODE!** Ladies Of London: The New Reign. Martha hosts a My Fair Lady-themed picnic. **9.00 NEW EPISODE!** Below Deck Down Under. It's time for circus night **10.00** Gogglebox **11.00** First Dates **12.05** Naked Attraction **1.10** Below Deck Down Under **2.10** Ladies Of London: The New Reign **3.00** Ramsay's Kitchen Nightmares USA **3.55** The Simpsons **4.20** The Goldbergs **5.35-6am** Brooklyn Nine-Nine

MORE4

11.35am Four In A Bed **12.40** Come Dine With Me **3.20** Four In A Bed **5.55** Car S.O.S **7.55** Grand Designs **9.00 NEW EPISODE!** PopMaster TV **10.00** 24 Hours In A&E **12.10** 999: On The Front Line **1.15** 24 Hours In A&E **3.25-3.50am** The Perfect Pitch

FILM4

11am Harvey (1950) **1.10** Midway (2019) **3.50** Sister Act 2: Back In The Habit (1993) **6.00** Titanic. Romantic drama, with Kate Winslet. (1997) **9.45** Drive-Away Dolls. Two women cross paths with a group of inept criminals while on a road trip. Action comedy, starring Margaret Qualley and Geraldine Viswanathan. (2024) **11.30** Carol (2015) **1.50-4am** Proxima (2019)

TALKING PICTURES

11.35am FILM The Embezzler (1954) **12.50** Look At Life **1.00** Richard The Lionheart **1.35 FILM** The October Man (1947) **3.25** Scotland Yard **4.00** That's My Boy **4.35 FILM** Carrington VC (1954) **6.40** Pete Murray Takes You To Nottingham **7.00** The Footage Detectives **8.00** Maigret **9.50 FILM** Borsalino And Co. French gangster thriller, starring Alain Delon. (1974) **12.00 FILM** The Stranglers Of Bombay (1959) **1.40 FILM** Beat Girl (1960) **3.25** Film Noir **4.25** The Veil **5.00-6am** The Man From UNCLE

GREAT! ACTION

11am FILM Wild Wind (1985) **12.50** Good News On GREAT! Extra **1.00** The Unit **2.00** Burn Notice **4.00 FILM** Sniper Elite (2014) **6.00** The Unit **7.00** Burn Notice **9.00 FILM** Homefront. Crime thriller, starring Jason Statham. (2013) **11.10** The Avengers **12.10** The Baron **1.10** The Persuaders! **2.10 FILM** Disaster Zone: Volcano In New York (2006) **3.40** Coast Guard Alaska **4.25** Good News On GREAT! Extra **4.35** Air Rescue **5.50-6am** Good News On GREAT! Extra

TUESDAY 1 SEPTEMBER

BBC1

HD: Freeview 101 Sky 101 Virgin 101 FreeSat 101

6.00 am Breakfast (S)
9.30 Morning Live (S)
10.45 Rip Off Britain: Scams The team investigate a £2.1 million fraud that left a family reeling. (S)
11.30 Homes Under The Hammer Featuring properties in Lancashire, Cheshire and Co Durham. (R,S)
12.15 Bargain Hunt Roo Irvine presents from the town of Oswestry. (R,S)

9pm Celebrity MasterChef

1.00 BBC News At One (S)
2.00 Money For Nothing (S)
2.45 Escape To The Country In Cumbria. (R,S)
3.45 Garden Rescue (R,S)
4.30 The Answer Run (R,S)
5.15 Pointless (S)
6.00 BBC News At Six (S)
6.30 BBC Regional News (S)
7.00 The One Show Alex Jones and Lauren Laverne present another mix of nationwide reports and live studio-based chat. (S)
7.30 SOAP EastEnders The Hawkins make their presence known in Albert Square and Ravi pushes Priya for information. (S)
8.00 The Great British Sewing Bee (8/10) The sewers celebrate literary icons, making Sherlock Holmes' deerstalker, transforming school uniforms for a grown-up Matilda and channeling their inner Jane Austen. (S)
9.00 Celebrity MasterChef (7/15) Sue Cleaver, Melvin Odoom, Una Healy, Lauren Steadman and Max Fosh enter the kitchen. (S)
10.00 BBC News At Ten (S)
10.30 BBC Regional News (S)
10.40 FILM Creed Boxing drama, starring Michael B Jordan. (2015) ★★★★ (S)
12.50-6am BBC News (S)

BBC2

HD: Freeview 102 Sky 102 Virgin 102 FreeSat 102

6.30 am Bargain Hunt (R,S)
7.15 Money For Nothing Woodworking expert Norman Wilkinson takes on a smashed-up organ. (R,S)
8.00 Sign Zone: The Great British Sewing Bee The sewers face the challenges of music week. (R,S,SL)
9.00 BBC News (S)
12.15 Politics Live The latest stories from Westminster and beyond. (S)

9pm Emergency 24/7

1.00 Richard Osman's House Of Games (R,S)
1.30 The Edge (R,S)
2.15 Weatherman Walking (R,S)
2.45 Animal Park (R,S)
3.30 Serengeti III (R,S)
4.30 Vintage Antiques Roadshow (R,S)
5.10 Flog It! (R,S)
6.00 Richard Osman's House Of Games (R,S)
6.30 Great British Railway Journeys (R,S)
7.00 Nigellissima (5/6) (R,S)
7.30 Race Against The Tide (3/6) The remaining teams sculpt ocean-themed sand art. (S)
8.00 Saving Lives At Sea (3/10) Three children have been swept out to sea on a small dinghy. (S)
9.00 Emergency 24/7 (3/6) A pensioner arrives with life-threatening burns after his shed explodes. (S)
10.00 Mortimer & Whitehouse: Gone Fishing (6/6) (R,S)
10.30 Newsnight (S) Then **Weather**
11.05 FILM The Godfather Part III Crime drama sequel, with Al Pacino and Andy Garcia. (1990) ★★★★ (S)
1.30 Sign Zone: Captive Audience – A Real American Horror Story Missing tourists. (R,S,SL)
2.20-3.20am Celebrity MasterChef (R,S,SL)

ITV1

HD: Freeview 103 Sky 103 Virgin 103 FreeSat 103

6.00 am Good Morning Britain Magazine show featuring a lively mix of news and current affairs. (S)
10.00 This Morning A mix of celebrity interviews, entertainment news, current affairs discussions, a look at sports competitions, health columns, cooking tips and tricks, and more. Including Local Weather. (S)

8.30pm Coronation Street

1.30 ITV Lunchtime News (S)
1.55 Regional News (S)
2.00 Dickinson's Real Deal (R,S)
3.00 Deal Or No Deal (R,S)
4.00 Tipping Point (R,S)
5.00 The Chase (R,S)
6.00 Regional News (S)
6.30 ITV Evening News (S)
7.30 Millionaire Hot Seat Quiz show, hosted by Jeremy Clarkson. (S)
8.00 SOAP Emmerdale Nicola has a breakthrough. (S)
8.30 SOAP Coronation Street Todd carries out Celeste's final wishes. (S)
9.00 The Sugar Daddy Murder: True Crime Presents A look at the murder of Peter McMahon in 2012, whose ex-partner Sharon Swinhoe killed him for financial gain. (S)
10.00 ITV News (S)
10.30 Regional News (S)
10.45 FILM Man Of Steel An alien living in secret on Earth uses his extraordinary powers to defend the human race from a genocidal invasion. Sci-fi adventure, starring Henry Cavill and Amy Adams. (2013) ★★★ (S)
1.00 Shop On TV
3.00 The Staircase (S)
4.10 Unwind With ITV (S)
5.10-6am Prue Leith's Cotswold Kitchen (R,S,SL)

CHANNEL 4

HD: Freeview 104 Sky 104 Virgin 104 FreeSat 126
Wales: Freeview 110 Sky 108 Virgin 108 FreeSat 106

6.30 am The King Of Queens Three episodes. (R,S)
7.45 Everybody Loves Raymond Three episodes starring Ray Romano. (R,S)
9.10 Frasier (R,S)
11.10 Ramsay's 24 Hours To Hell And Back (R,S)
12.05 C4 News (S)
12.10 Find It, Fix It, Flog It Simon O'Brien and Henry Cole visit a garden strewn with interesting items. (R,S)

9pm The Jury: 14 And On Trial...

1.10 The Great House Giveaway Renovating a decrepit family home in Garforth, Leeds. (R,S)
2.10 Countdown (S)
3.00 A Place In The Sun (R,S)
4.00 The Great B&B Challenge A trip to a bee farm. (R,S)
5.00 Château DIY (R,S)
6.00 A New Life In The Sun: Where Are They Now? (S)
7.00 C4 News (S)
8.00 The Dog House (1/6) The Bodley family face double trouble as they meet cockapoo twins Milo and Mable, and Floyd the lurcher arrives at Woodgreen in need of some serious TLC. (R,S)
9.00 NEW The Jury: 14 And On Trial For Murder (1/4) A dramatic restaging of a real-life murder trial, in which two brothers, one aged 14, are charged with killing their stepfather. (S)
10.00 9/11: 102 Minutes That Changed America Amateur footage and audiotape recorded by people around New York, giving an insight into their experiences of the September 11 attacks on the World Trade Centre in 2001. (R,S)
12.30-4.05am The Never Ending Murder (R,S,SL)

CHANNEL 5

HD: Freeview 104 Sky 105 Virgin 105 FreeSat 105

6.00 am Milkshake! Followed by **Entertainment News On 5**
9.15 Jeremy Vine The broadcaster discusses the issues of the day. (S)
11.30 Storm & Alexis Discussion and debate. (S)
12.30 LIVE Snooker: British Open 2026 Coverage of the afternoon session on day two, held at The Centaur in Cheltenham, featuring second-round matches. (S)

9pm The Game

5.30 5 News With Dan Walker Latest headlines. (S)
6.25 Car Pound Cops Community enforcement officers are cracking down on Blue Badge fraud. (R,S) Then **5 News Update**
7.00 Cycling: Vuelta A España 2026 Highlights of stage 10, a 195.5km route from Alfaro towards an uphill finish at the ski resort of Valdezcaray. (S) Followed by **5 News Update**
8.00 Motorway Cops: Catching Britain's Speeders On patrol in Stoke-on-Trent, PC Chris Bagnall hunts down a stolen black BMW on cloned plates linked to a recent burglary. (S)
9.00 NEW The Game (1/4) A year on from the attack, Huw Miller's daughter receives letters from imprisoned serial killer Patrick. Thriller, starring Jason Watkins. Continues tomorrow. (S)
10.00 9/11: The Unseen Footage The story of the September 11 terrorist attacks of 2001. (R,S)
11.30 The Day Diana Died Examining the day after the Princess Of Wales' death. (R,S)
1.05 Car Pound Cops (R,S)
1.30-2.30am Cruise TV With LoveitBookit (R,S)

REGIONAL VARIATIONS

BBC ONE NORTH WEST As main BBC ONE except: 1.35-1.45pm North West Today; Weather **S4C 6am** Cyw **12noon** Newyddion S4C A'r Tywydd

12.05pm Heno **12.55** Bwrdd I Dri **1.25** Ardordir Cymru: Sir Benfro **2.00** Newyddion S4C A'r Tywydd **2.05** Prynhawn Da **3.00** Newyddion S4C A'r Tywydd **3.05** Gwesty Aduniad **4.00** Awr Fawr: Byd Carlo Bach **4.10** Awr Fawr: Mojo Swoptops **4.20** Awr Fawr: Fferm Fach **4.35** Awr Fawr: Twm Twrch **4.50** Awr Fawr: Annibendod **5.00** Stwnsh: Criw'r Cwt **5.15** Stwnsh: Grisi A'r Lemingod **5.25** Stwnsh: Y Tri Mysgedwr **5.40** Stwnsh: Un Cwestiwn **6.00** Y Sîn **6.30-6.59** Codi Hwyl **7.00** Heno **7.30** Newyddion S4C A'r Tywydd

8.00 Pobol Y Cwm **8.25** Nol O'r Dibyn Gyda Iolo Williams **8.55** Newyddion S4C A'r Tywydd **9.00** Siwrna Scandi Chris **10.00** Iaith Ar Daith **11pm-12.05am** Y Cosmos

FREEVIEW AND SATELLITE CHANNELS

ITV2

11.05am Charmed **12.05** Deal Or No Deal **1.05** Supermarket Sweep **2.05** Wheel Of Fortune **3.05** The Only Way Is Essex **4.05** The Real Housewives Of Potomac **5.00** The Real Housewives Of Beverly Hills **6.00** Celebrity Catchphrase **7.00** Wheel Of Fortune **8.00** The 1% Club **9.00 NEW EPISODE!** Olivia Attwood: The Price Of Perfection. Olivia travels to Seoul, South Korea – the home of K-Beauty. **10.00** Family Guy **11.30** American Dad! **12.35** Bob's Burgers **1.30** Plebs **1.55** Deep Fake Neighbour Wars **2.20-3am** Unwind With ITV

ITV3

11.30am Heartbeat **1.40** Midsomer Murders **3.35** Classic Emmerdale. Two episodes. **4.40** Classic Coronation Street. Double bill. **5.50** Heartbeat **8.00** Vera **10.00** Lewis **11.50** Poirot **2.00** George And Mildred **2.25-2.30am** Unwind With ITV

ITV4

11.20am The Professionals **12.25** Magnum, PI **2.35** American Pickers **3.40** Boon **4.45** The Professionals **5.55** Minder **7.00** Rolex Monterey Motorsports Reunion 2026 Highlights **8.00** World Rally Championship Highlights **9.00** River Monsters **9.30 FILM** Universal Soldier (1992) **11.35 NEW EPISODE!** Black Sails **12.40** BattleBots **1.30** American Pickers **2.30-3am** Auto Mundial

BBC THREE

7pm NEW EPISODE! The Catch Up **7.05** Deadly 60 **8.00** Top Gear **9.00** Scamanda **11.45** Daddy Issues **2.20** Yaxlont **2.35-3.55am** Scamanda

BBC FOUR

7pm The Architecture The Railways Built **7.40** The Flying Gardener **8.00** To The Manor Born **8.30** Keeping Up Appearances **9.00** How The Celts Saved Britain **10.00** Britain In Focus: A Photographic History **11.00** I Am Martin Parr **12.05** The Brits Who Designed The Modern World **1.05** The Flying Gardener **1.20** Britain In Focus: A Photographic History **2.20-3.20am** How The Celts Saved Britain

E4

12noon The Simpsons **2.00** The Goldbergs **3.00** Modern Family **5.00** The Simpsons **7.00 NEW EPISODE!** Hollyoaks **7.30** Brooklyn Nine-Nine **8.00 NEW EPISODE!** Ladies Of London: The New Reign **9.00 NEW EPISODE!** Below Deck Down Under **10.00** Gogglebox **11.05** First Dates **12.05** Naked Attraction **1.10** Below Deck Down Under **2.10** Ladies Of London: The New Reign **3.00** Ramsay's Kitchen Nightmares USA **3.55** The Simpsons **4.20** The Goldbergs **5.10** Brooklyn Nine-Nine **5.35-6am** Modern Family

MORE4

11.35am Four In A Bed **12.40** Come Dine With Me **3.20** Four In A Bed **5.55** Car S.O.S **7.55** Grand Designs **9.00 NEW EPISODE!** PopMaster TV. Ken Bruce hosts. **10.00** 24 Hours In A&E **12.10** 999: On The Front Line **1.15** 24 Hours In A&E **3.25-3.50am** The Perfect Pitch

FILM4

11am Mysterious Island (1961) **1.05** Spies In Disguise (2019) **3.10** Send Me No Flowers (1964) **5.15** Spartacus (1960) **9.00** The Rock. Action thriller, starring Sean Connery and Nicolas Cage. (1996) **11.45** Journeyman (2017) **1.35-3.30am** Pixie (2020)

TALKING PICTURES

11.40am FILM Highway To Battle (1961) **1.00** The Adventures Of William Tell **1.35 FILM** A Tale Of Two Cities (1958) **3.55** Symphony For Steam **4.00** That's My Boy **4.35 FILM** The Break (1963) **6.10** Nine, Dalmuir West **6.25** Whiplash **6.55** The Man From UNCLE **7.55** Buccaneer **9.00 FILM** Dulcima. Drama, with John Mills and Stuart Wilson. (1971) **11.00** Fortean TV **11.35 FILM** Strip Tease Murder (1961) **12.55 FILM** Bluebeard (1944) **2.20 FILM** Two On The Tiles (1951) **3.50** 1960s London-Glimpses **4.00** Target: The Corruptors **5.00-6am** The Man From UNCLE

GREAT! ACTION

11am FILM A Reason To Live, A Reason To Die (1972) **1.00** The Unit **2.00** Burn Notice **4.00 FILM** The Hatton Garden Job (2017) **6.00** The Unit **7.00** Burn Notice **9.00 FILM** Sniper: Legacy. Action thriller sequel, starring Chad Michael Collins and Tom Berenger. (2014) **11.10** The Avengers **12.10** The Baron **1.10** The Persuaders! **2.10 FILM** Asteroid: Final Impact (2015) **3.40** Coast Guard Alaska **4.25** Good News On GREAT! Extra **4.35** Air Rescue **5.50-6am** Good News On GREAT! Extra

WEDNESDAY 2 SEPTEMBER

BBC1

HD: Freeview 101 Sky 101 Virgin 101 FreeSat 101

6.00 am Breakfast (S)
9.30 Morning Live With Gethin Jones and Gaby Roslin. (S)
10.45 Rip Off Britain Consumer investigations. (S)
11.30 Homes Under The Hammer Featuring properties in Cambridgeshire, Cumbria and London. (R,S)
12.15 Bargain Hunt Christina Trevanion celebrates timepieces and timekeeping. (R,S)

7.30pm EastEnders

1.00 BBC News At One (S)
2.00 Money For Nothing (S)
2.45 Escape To The Country In the Cotswolds. (R,S)
3.45 Garden Rescue (S)
4.30 The Answer Run (R,S)
5.15 Pointless (S)
6.00 BBC News At Six (S)
6.30 BBC Regional News (S)
7.00 The One Show With Alex Jones and JB Gill. (S)
7.30 SOAP EastEnders Nicola has a change of heart and offers an olive branch and a power cut threatens Linda's event. (S)
8.00 NEW The Repair Shop: Beyond The Barn (1/8) The experts revisit people who have been reunited with cherished mementos. Including the story of a well-worn cowboy hat with links to a famous rock star. (S)
9.00 Celebrity MasterChef (8/15) The celebrities cook a takeaway for YouTube star Angry Ginge. (S)
10.00 BBC News At Ten (S)
10.30 BBC Regional News (S)
10.40 NEW Reading Festival Highlights 2026 From last weekend's festival. (S)
11.40 The Hit List (6/9) With teams from Northern Ireland, Liverpool, London and Birmingham. (R,S)
12.30-6am BBC News (S)

BBC2

HD: Freeview 102 Sky 102 Virgin 102 FreeSat 102

6.30 am Bargain Hunt Jonathan Pratt and Kate Bliss assist the teams in Ardingly. (R,S)
7.15 Money For Nothing Jacqui sells seashells on the recycling show. (R,S)
8.00 Sign Zone: Great Continental Railway Journeys (R,S,SL)
9.00 BBC News (S)
11.15 Politics Live The latest stories from Westminster and beyond. (S)

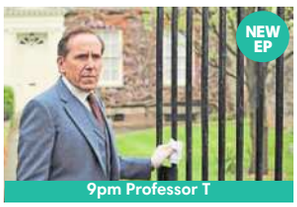
11.05pm Couples Therapy

1.00 Richard Osman's House Of Games (R,S)
1.30 The Edge (R,S)
2.15 Weatherman Walking (R,S)
2.45 Animal Park (R,S)
3.30 Dogs In The Wild: Meet The Family (R,S)
4.30 Vintage Antiques Roadshow (R,S)
5.15 Flog It! (R,S)
6.00 Richard Osman's House Of Games (R,S)
6.30 Great British Railway Journeys (R,S)
7.00 Celebrity Antiques Road Trip (7/20) DJ duo Nihal Arthanayake and Dev Griffin travel around the southeast, searching for profitable antiques. (R,S)
8.00 Inside The Factory (3/6) Paddy McGuinness visits the Lincoln factory where Quavers are made. (R,S)
9.00 NEW Stolen Babies The story of forced adoption and its lasting effects, looking at a practice that was sanctioned by governments across the UK from 1949 until 1976. (S)
10.30 Newsnight Headline analysis. (S) Then **Weather**
11.05 Couples Therapy (S)
12.05 A House Through Time (R,S)
1.05 Sign Zone: Celebrity MasterChef (R,S,SL)
2.05-3.05am The Mother Of All Cons (R,S,SL)

ITV1

HD: Freeview 103 Sky 103 Virgin 103 FreeSat 103

6.00 am Good Morning Britain Magazine featuring a lively mix of news and current affairs. (S)
10.00 This Morning A mix of celebrity interviews, entertainment news, current affairs discussions, a look at sports competitions, health columns, cooking tips and tricks, and more. Including Local Weather. (S)



9pm Professor T

1.30 ITV Lunchtime News (S)
1.55 Regional News (S)
2.00 Dickinson's Real Deal (R,S)
3.00 Deal Or No Deal (R,S)
4.00 Tipping Point (R,S)
5.00 The Chase (R,S)
6.00 Regional News (S)
6.30 ITV Evening News (S)
7.30 Millionaire Hot Seat Quiz show hosted by Jeremy Clarkson. (S)
8.00 SOAP Emmerdale An arrival shocks the villagers. (S)
8.30 SOAP Coronation Street Idris confronts Ronnie for stealing his car. (S)
9.00 Professor T (3/6) A school inspector is murdered in his home by stabbing then smothering. (S)
10.00 ITV News (S)
10.30 Regional News (S)
10.45 WhatsApp Obsession: The Murder Of Stephanie Hansen Investigating when a man whose obsession with his housemate turned deadly on December 30, 2022. (R,S)
11.40 British Touring Car Championship Highlights All the action from Donington Park. (R,S)
12.55 Shop On TV
3.00 Force Of Nature (R,S,SL)
3.55 Bradley & Barney Walsh: Breaking Dad (R,S,SL)
4.15 Unwind With ITV (S)
5.35-6am Pictionary (R,S,SL)

CHANNEL 4

HD: Freeview 104 Sky 104 Virgin 104 FreeSat 126
Wales: Freeview 110 Sky 108 Virgin 108 FreeSat 106

6.30 am The King Of Queens Three episodes. (R,S)
7.45 Everybody Loves Raymond Three episodes starring Ray Romano. (R,S)
9.10 Frasier (R,S)
11.10 Ramsay's 24 Hours To Hell And Back (R,S)
12.05 C4 News (S)
12.10 Find It, Fix It, Flog It Simon O'Brien unearths an art deco fire guard in north Wales. (R,S)

8pm Kirstie And Phil's Love It...

1.10 The Great House Giveaway In Middlesbrough. (R,S)
2.10 Countdown (S)
3.00 A Place In The Sun (R,S)
4.00 The Great B&B Challenge The couples host a paddle-boarding trip and a trip to a goat farm. (R,S)
5.00 Château DIY (R,S)
6.00 A New Life In The Sun: Where Are They Now? (S)
7.00 C4 News (S)
8.00 Kirstie And Phil's Love It Or List It: Brilliant Builds (S)
9.00 NEW The Jury: 14 And On Trial For Murder (2/4) Fourteen-year-old defendant Daniel takes the stand. (S)
10.00 NEW 9/11: Days That Shocked The World (1/2) Part one of two. Rescue workers, survivors and witnesses describe the events of 9/11. (S)
11.00 NEW 9/11: Days That Shocked The World (2/2) The conclusion of the documentary, as witnesses recall the collapse of the Twin Towers. (S)
12.00 Emergency Helicopter Medics (R,S)
1.00 Ramsay's Kitchen Nightmares USA (R,S,SL)
1.50-3.50am FILM Minari Romantic drama, starring Steven Yeun. (2020) ★★★★★ (SL)

CHANNEL 5

HD: Freeview 104 Sky 105 Virgin 105 FreeSat 105

6.00 am Milkshake! Followed by **Entertainment News On 5**
9.15 Jeremy Vine The broadcaster discusses the issues of the day. (S)
11.30 Storm & Alexis Discussion and debate. (S)
12.30 LIVE Snooker: British Open 2026 Coverage of the afternoon session on day three, held at The Centaur in Cheltenham, featuring second-round matches. (S)

8pm Call The Bailiffs: Time To Pay Up

5.30 5 News With Dan Walker Latest headlines. (S)
6.25 Car Pound Cops Officers use automatic number plate recognition on patrol. (R,S) Followed by **5 News Update**
7.00 Cycling: Vuelta A España 2026 Highlights of stage 11, a flat 151.3km route from Cartagena to Lorca. (S) Then **5 News Update**
8.00 Call The Bailiffs: Time To Pay Up Agents Mark and Sam pursue a company ordered by an employment tribunal to repay money unlawfully deducted from a former employee's wages. (S)
9.00 The Game (2/4) Patrick intensifies his psychological assault on Huw and Margot. (S)
10.00 A&E: Crash Scene Emergency A 60-year-old biker has a high-impact collision. (R,S)
11.00 Ambulance: Code Red A paramedic treats a 60-year-old who's been involved in a high-speed crash. (R,S)
12.00 A&E After Dark (R,S)
12.55 Car Pound Cops (R,S) Followed by **Entertainment News On 5**
1.30-2.30am Cruise TV With LoveitBookit (R,S)

REGIONAL VARIATIONS

BBC ONE WALES As main BBC ONE except:
9.00-10pm Ryan Jones: Unbreakable **BBC TWO WALES As main BBC TWO except: 9pm** Celebrity MasterChef **10.00-10.30** Rewind: 60 Years Of Welsh Pop **11.05** Stolen Babies **12.35-1.05am** Coast **S4C 6am** Cyw **11.00-12noon** Camau Bach **11.00** Pentre Papur Pop **11.10** Yr Whws **11.20** Cymylaubychain **11.30** Sion Y Chef **11.45** Sigldigwt **12noon** Newyddion S4C A'r Tywydd **12.05pm** Codi Pac **12.30** Heno **1.00** Lowri Morgan: Her 333 **1.30** Garddio A Mwy **2.00** Newyddion S4C A'r Tywydd **2.05** Prynhawn Da **3.00** Newyddion S4C A'r Tywydd **3.05** Siwrna Scandi Chris **4.00** Awr Fawr: Odo **4.05** Awr Fawr: Blwi **4.15** Awr Fawr: Dreigiau Cadi **4.30** Awr Fawr: Joni Jet **4.45** Awr Fawr: Kim A Cêt A Twrch **5.00** Stwnsh: Li Ban **5.10** Stwnsh: Y Doniolis **5.15** Stwnsh: Anifail Perffaith **5.25** Stwnsh: Gwrach Y Rhibyn **5.45** Stwnsh: Newyddion Ni **6.00** Dan Do **6.30-6.59** Ralio+ **7.00** Heno **7.30** Newyddion S4C A'r Tywydd **8.00** Pobol Y Cwm **8.25** Cartrefi Cymru **8.55** Newyddion S4C A'r Tywydd **9.00** Priodas Pum Mil **10.00-11.34pm** Y Deis

FREEVIEW AND SATELLITE CHANNELS

ITV2

11.15am Charmed **12.10** Deal Or No Deal **1.10** Supermarket Sweep **2.10** Wheel Of Fortune **3.10** The Only Way Is Essex **4.10** The Real Housewives Of Potomac **5.00** The Real Housewives Of Beverly Hills **6.00** Celebrity Catchphrase **7.00** Celebrity Wheel Of Fortune **8.00** The 1% Club **9.00** Romesh Ranganathan's Parents' Evening **10.00** Family Guy **11.35** American Dad! **12.35** Bob's Burgers **1.30** G'wed **2.00** Transaction **2.25-3am** Unwind With ITV

ITV3

11.30am Heartbeat **1.35** Midsomer Murders **3.35** Classic Emmerdale **4.40** Classic Coronation Street **5.50** Heartbeat **8.00** Midsomer Murders **10.00** Lewis. Drama series. **11.50** Poirot **2.00** George And Mildred **2.25-2.30am** Unwind With ITV

ITV4

10.15am LIVE SPORT! Cycling: Tour Of Britain Live **4.00** The Best Of The 80s **4.15** River Monsters **4.45** The Professionals **5.55** Minder **7.00** Aussie Pickers **8.00** Cycling: Tour Of Britain Highlights **9.00 FILM** London Has Fallen. Action thriller starring Gerard Butler and Morgan Freeman. (2016) **11.05** River Monsters **11.35** English Football League Highlights **1.00-3am** All Elite Wrestling: Collision

BBC THREE

7pm NEW EPISODE! The Catch Up. A round-up of the day's news. **7.05** Deadly 60 **8.00** Top Gear **10.00 NEW EPISODE!** Guy Montgomery's Guy Mont-Spelling Bee Australia **11.35** RuPaul's Drag Race UK: Meet The Queens **12.00** The Young Offenders **3.05** Zoners **3.20-4am** Scamanda

BBC FOUR

7pm Fred Dibnah's Building Of Britain **7.30** Villages By The Sea **8.00** Rome: A History Of The Eternal City **9.00** Rome's Invisible City **10.00** I, Claudius **11.45** The Australian Wars **12.45** Rome's Invisible City **1.45** Fred Dibnah's Building Of Britain **2.15** Villages By The Sea **2.45-3.45am** Rome: A History Of The Eternal City

E4

12noon The Simpsons **2.00** The Goldbergs **3.00** Modern Family **5.00** The Simpsons **7.00 NEW EPISODE!** Hollyoaks **7.30** Brooklyn Nine-Nine **8.00 NEW EPISODE!** Ladies Of London: The New Reign **9.00 NEW EPISODE!** Ramsay's Kitchen Nightmares USA **10.00** Gogglebox **11.00** First Dates Valentine's **12.05** Naked Attraction **1.10** Gogglebox **2.10** Ladies Of London: The New Reign **3.00** Ramsay's Kitchen Nightmares USA **3.55** The Simpsons **4.20** The Goldbergs **5.10** Brooklyn Nine-Nine **5.35-6am** Modern Family

MORE4

11.35am Four In A Bed **12.40** Come Dine With Me **3.20** Four In A Bed **5.55** Car S.O.S **7.55** Grand Designs **9.00** The Roman Empire By Train With Alice Roberts **10.00** 24 Hours In A&E **12.10** 999: On The Front Line **1.15** 24 Hours In A&E **3.25-3.55am** The Perfect Pitch

FILM4

11am The Personal History Of David Copperfield (2019) **1.25** Rosaline (2022) **3.15** The Story Of Robin Hood And His Merrie Men (1952) **5.00** The Gunfighter (1950) **6.45** Uncharted (2022) **9.00** Venom: Let There Be Carnage (2021) **10.50** Daredevil (2003) **12.55-2.45am** The Missionary (1982)

TALKING PICTURES

10.50am FILM The Man Who Wouldn't Talk (1958) **12.45** Look At Life **1.00** The Buccaneers **1.35** John Huston: Adventures Of A Free Soul **2.40** The Pale Faced Girl **3.15** Look At Life **3.30** Dial 999 **4.00** That's My Boy **4.35** Aberdeen: The Silver City **5.00 FILM** The Ship That Died Of Shame (1955) **7.00** Out Of Town **7.30** Boy With A Flute **8.05** Van Der Valk **9.10** The Casebook Of Sherlock Holmes **11.15 FILM** Carrington VC (1954) **1.15 FILM** Every Day's A Holiday (1965) **3.05** Talking Pictures TV Remembers Sam Kydd **4.00** Stagecoach West **5.00-6am** The Man From UNCLE

GREAT! ACTION

12.50pm The Unit **1.50** Burn Notice **3.50 FILM** Battle For The Skies (2013) **6.00** The Unit **7.00** Burn Notice **9.00 FILM** Attack Force (2006) **11.00** The Avengers **12.00** The Baron **1.00** The Persuaders! **2.00 FILM** Collision Course (2012) **3.40** Coast Guard Alaska **4.25** Good News On GREAT! Extra **4.35** Air Rescue **5.50-6am** Good News On GREAT! Extra

THURSDAY 3 SEPTEMBER

BBC1

HD: Freeview 101 Sky 101 Virgin 101 FreeSat 101

6.00 am Breakfast (S)
9.30 Morning Live Michelle Ackerley presents. (S)
10.45 Rip Off Britain Consumer affairs show investigating issues around the UK. (S)
11.30 Homes Under The Hammer Featuring properties in Suffolk, Staffordshire and south-east London. (R,S)
12.15 Bargain Hunt Two teams seek bargains at Wetherby Racecourse. (R,S)

9pm Ludwig

1.00 BBC News At One (S)
2.00 Money For Nothing (S)
2.45 Escape To The Country From Herefordshire. (R,S)
3.45 Garden Rescue (R,S)
4.30 The Answer Run (R,S)
5.15 Pointless (S)
6.00 BBC News At Six (S)
6.30 BBC Regional News (S)
7.00 The One Show With Alex Jones and Clara Amfo. (S)
7.30 SOAP EastEnders The men of Walford gather in Harry's Barn for Max and Howie's stag party. (S)
8.00 Dragons' Den (10/14) The Dragons hear pitches for alcohol-liberated wine, music events with social enterprise at their core, a new retail venue and all-natural plant-based ice cream. (S)
9.00 Ludwig (3/6) John gets sidetracked while gathering intel for Lucy's interview by the murder of an influencer in the heart of Cambridge. The Taylors soon spot a sinister pattern in their theory. (S)
10.00 BBC News At Ten (S)
10.30 BBC Regional News (S)
10.40 FILM Creed II Drama, starring Michael B Jordan. (2018) ★★★★ (S)
12.40 The Repair Shop: Beyond The Barn (R,S)
1.45-6am BBC News (S)

BBC2

HD: Freeview 102 Sky 102 Virgin 102 FreeSat 102

6.30 am Garden Rescue (R,S)
7.15 Money For Nothing A loo-roll-inspired idea. (R,S)
8.00 Sign Zone: Gardeners' World Monty Don reflects on how summer has tested gardeners across the country. (R,S,SL)
9.00 BBC News A round-up of the latest headlines. (S)
12.15 Politics Live The latest stories from Westminster and beyond. (S)

9pm A House Through Time

1.00 Richard Osman's House Of Games (R,S)
1.30 The Edge (R,S)
2.15 Weatherman Walking (R,S)
2.45 Animal Park (R,S)
3.30 Dogs In The Wild: Meet The Family' (R,S)
4.30 Vintage Antiques Roadshow (R,S)
5.15 Flog It! (R,S)
6.00 Richard Osman's House Of Games (R,S)
6.30 Great British Railway Journeys Michael travels from Gatwick Airport to Royal Tunbridge Wells. (R,S)
7.00 Escape To The Country (13/20) Jules Hudson helps a couple move from Kent to East Yorkshire. (R,S)
8.00 The Big Deal With Steph McGovern (4/6) The contestants face a challenge that straddles Berlin and London. (S)
9.00 A House Through Time (4/4) Featuring the Ruggs family, witnesses to a German attack in 1939. (S)
10.00 Red Dwarf (4/6) (R,S)
10.30 Newsnight (S) Followed by **Weather**
11.05 Emergency 24/7 (3/6) (R,S)
12.05 FILM Respect Biopic, starring Jennifer Hudson. (2021) ★★★★ (S)
2.25-3.20am Sign Zone: Vigil Silva investigates a murder in the Arctic. (R,S,SL)

ITV1

HD: Freeview 103 Sky 103 Virgin 103 FreeSat 103

6.00 am Good Morning Britain A lively mix of news and current affairs, plus health and lifestyle features. (S)
10.00 This Morning A mix of celebrity interviews, entertainment news, current affairs discussions, a look at sports competitions, health columns, cooking tips and tricks, and more. Including Local Weather. (S)

9pm Long Lost Family

1.30 ITV Lunchtime News (S)
1.55 Regional News (S)
2.00 Dickinson's Real Deal (R,S)
3.00 Deal Or No Deal (R,S)
4.00 Tipping Point (R,S)
5.00 The Chase (R,S)
6.00 Regional News (S)
6.30 ITV Evening News (S)
7.30 Millionaire Hot Seat Quiz show, hosted by Jeremy Clarkson. (S)
8.00 SOAP Emmerdale Bear talks to Sarah, while Nicola is mortified and Kim is concerned. (S)
8.30 SOAP Coronation Street Debbie experiences a brush with the past on a visit to the salon. (S)
9.00 NEW Long Lost Family Decades after painful family separations, Avril and Marie seek answers. Davina McCall and Nicky Campbell present. (S)
10.00 ITV News (S)
10.30 Regional News (S)
10.45 The Late Debate News and events at Westminster. (S)
11.15 Unbelievable Moments Caught On Camera A Miami real-estate agent rescues a woman from alligators. (R,S)
12.10 Shop On TV
3.00 The Staircase (R,S,SL)
4.05 Unwind With ITV (S)
5.05-6am The Chase Around The World (R,S,SL)

CHANNEL 4

HD: Freeview 104 Sky 104 Virgin 104 FreeSat 126
Wales: Freeview 110 Sky 108 Virgin 108 FreeSat 106

6.30 am The King Of Queens Triple bill. (R,S)
7.45 Everybody Loves Raymond Triple bill. (R,S)
9.10 Frasier (R,S)
11.10 Ramsay's 24 Hours To Hell And Back Gordon Ramsay visits a restaurant in Sacramento. (R,S)
12.05 C4 News (S)
12.10 Find It, Fix It, Flog It Henry Cole finds a miniature Hay Wain to restore. (R,S)

9pm Taskmaster

1.10 The Great House Giveaway From Somerset. (R,S)
2.10 Countdown (S)
3.00 A Place In The Sun (R,S)
4.00 The Great B&B Challenge The final hosts try to impress the judges. (R,S)
5.00 Château DIY (R,S)
6.00 A New Life In The Sun: Where Are They Now? Abi and Darren launch a silent disco business in Spain. (S)
7.00 C4 News (S)
8.00 Renovation Rescue A couple need help with an expensive renovation in Nottinghamshire. (S)
9.00 NEW Taskmaster (1/10) With Richard Ayoade, Isy Suttie, Matt Lucas, Nina Conti and Chloe Petts. (S)
10.00 Celebrity Gogglebox (2/6) The Piano, Bridgerton and Celebrity Bridge Of Lies are appraised. (R,S)
11.00 24 Hours In Police Custody: The Ambush (1/2) The case of a teenager left critically injured on the roadside. (R,S)
12.15 Crime Scene Cleaners A woman is found unconscious. (R,S,SL)
1.10 Ramsay's Kitchen Nightmares USA (R,S,SL)
2.00-4.05am FILM Our Friend Fact-based drama, starring Dakota Johnson. (2021) ★★★★ (S)

CHANNEL 5

HD: Freeview 104 Sky 105 Virgin 105 FreeSat 105

6.00 am Milkshake! Followed by **Entertainment News On 5**
9.15 Jeremy Vine Start the day with a dose of hard-hitting debate, your phone calls and a little fun. (S)
11.30 Storm & Alexis (S)
12.30 LIVE Snooker: British Open 2026 The afternoon session on day four, held at The Centaur in Cheltenham, featuring third-round matches. (S)

9pm Benidorm Is Murder

5.30 5 News With Dan Walker The latest news. (S)
6.25 Car Pound Cops (R,S) Morar Motors helps a langoustine fisherman move his boat. Followed by **5 News Update**
7.00 Cycling: Vuelta A España 2026 Rebecca Charlton presents highlights of stage 12 of the Grand Tour race. (S) Followed by **5 News Update**
8.00 The Yorkshire Vet Shona Searson attends to Pedro the bull, who has a bad case of sunburn, and a 12-foot Burmese python with a serious eye problem arrives at the practice. (S)
9.00 Benidorm Is Murder (6/6) A farewell party takes a deadly turn during a blackout, as one guest lies dead on the floor, with a knife in his chest. (S)
10.00 Killer At The Crime Scene The murder of a 22-year-old who was shot near a playground. (R,S)
11.05 Killed By Our Daughter: The McCullough Murders A look at the 2019 case of Virginia McCullough. (R,S)
12.20 Street Cops: Catching The Yobs (R,S) Followed by **Entertainment News On 5**
1.30-2.30am Cruise TV With LoveitBookit (R,S)

REGIONAL VARIATIONS

BBC TWO WALES As main BBC TWO except: 11pm Couples Therapy **11.25pm-12.05am** Couples Therapy **ITV ANGLIA 10.45-11.15pm** Anglia Late Edition **ITV CENTRAL 10.45-11.15pm** Central Lobby **ITV GRANADA 10.45-11.15pm** The Granada Debate **ITV MERIDIAN 10.45-11.15pm** The Last Word **ITV WALES 10.45-11.15pm** Abbey Clancy: Celebrity Homes **ITV WEST 10.45-11.15pm** The Westcountry Debate **ITV WESTCOUNTRY 10.45-11.15pm** The Westcountry Debate **ITV YORKSHIRE 10.45-11.15pm** Last Orders **S4C 6am** Cyw **12noon** Newyddion S4C A'r Tywydd **12.05pm** Dim Byd I'w Wisgo **12.30** Heno **1.00** Codi Hwyl **1.30** Rolio+ **2.00** Newyddion S4C A'r Tywydd **2.05** Prynhawn Da **3.00** Newyddion S4C A'r Tywydd **3.05** Am Dro! **4.00** Awr Fawr: Caban Banana Gareth **4.05** Awr Fawr: Chwedlau Tinga Tinga **4.15** Awr Fawr: Byd Tad-Cu **4.30** Awr Fawr: Blero Yn Mynd I Ocido **4.45** Awr Fawr: Help Llaw **5.00** Stwnsh **6.00-6.59** Cynefin **7.00** Heno **7.30** Newyddion S4C A'r Tywydd **8.00** Pobol Y Cwm **8.25** Gwlad Y Basg: Gwilym Bowen Rhys **8.55** Newyddion S4C A'r Tywydd **9.00** Cyfrinachau'r Great Escape **10.00** Taclo'r Ty **10.30-11.35pm** Radio Fa'ma

FREEVIEW AND SATELLITE CHANNELS

ITV2

11.10am Charmed **12.10** Deal Or No Deal **1.10** Supermarket Sweep **2.10** Celebrity Wheel Of Fortune **3.10** The Only Way Is Essex **4.10** The Real Housewives Of Potomac **5.00** The Real Housewives Of Beverly Hills **6.00** Celebrity Catchphrase **7.00** Celebrity Wheel Of Fortune **8.00** The 1% Club **9.00** Romesh Ranganathan's Parents' Evening. With Tom Allen. **10.00** Changing Ends **10.35** Family Guy **11.35** American Dad! **12.35** Bob's Burgers **1.30** Deal Or No Deal **2.20-3am** Unwind With ITV

ITV3

11.30am Heartbeat **1.35** Midsomer Murders **3.35** Classic Emmerdale **5.15** Classic Coronation Street **5.50** Heartbeat **8.00** Vera **10.00** Marple **11.50** Poirot **2.00** George And Mildred **2.25-2.30am** Unwind With ITV

ITV4

10.15am LIVE SPORT! Cycling: Tour Of Britain Live **3.45** The Sweeney **4.50** The Professionals **5.55** Minder **7.00** Beat The Chasers **8.00** Cycling: Tour Of Britain Highlights **9.00** Benidorm **11.00** Ligue 1 Highlights **11.30** All Elite Wrestling: Collision **1.30** Hell's Kitchen **2.30-3am** Auto Mundial

BBC THREE

7pm NEW EPISODE! The Catch Up **7.05** Deadly 60 **8.00** The Cruise **9.00** Amanda & Alan's Italian Job **10.00 NEW SERIES!** RuPaul's Drag Race UK. A new cast take part. **11.15** Smoggie Queens **2.10** Paddy & Molly: Show No Mersey **2.40-4am** RuPaul's Drag Race UK

BBC FOUR

7pm Fred Dibnah's Building Of Britain **7.30** Villages By The Sea **8.00 FILM** The Italian Job. Crime comedy, starring Michael Caine. (1969) **9.35** Talking Pictures: The Godfather Trilogy **10.20 FILM** The Godfather. Drama, starring Marlon Brando and Al Pacino. (1972) **1.10** Talking Pictures: 70s Legends Part I **2.00** Talking Pictures: The Godfather Trilogy **2.45** Fred Dibnah's Building Of Britain **3.15-3.45am** Villages By The Sea

E4

12noon The Simpsons **2.00** The Goldbergs **3.00** Modern Family **5.00** The Simpsons **7.30** Brooklyn Nine-Nine **8.00 NEW EPISODE!** Ladies Of London: The New Reign. Margo's sharp words strike a nerve. **9.00** Gogglebox **10.00** Sarah Millican: Late Bloomer **11.00** First Dates: Valentine's **12.05** Naked Attraction's Best Naughty Bits **1.10** Gogglebox **2.10** Ladies Of London: The New Reign **3.00** Ramsay's Kitchen Nightmares USA **3.55** The Simpsons **4.20** The Goldbergs **5.10** Brooklyn Nine-Nine **5.35-6am** Modern Family

MORE4

11.35am Four In A Bed **12.40** Come Dine With Me **3.20** Four In A Bed **5.55** Car S.O.S **7.55** Grand Designs **9.00 NEW!** Sandi's Ireland: A Literary Journey **10.00** 24 Hours In A&E **12.10** 999: On The Front Line **1.15** 24 Hours In A&E **3.25-3.55am** The Perfect Pitch

FILM4

11am Lifeboat (1944) **12.55** The Shepherd Of The Hills (1941) **2.55** Guadalcanal Diary (1943) **4.45** Canyon Passage (1946) **6.35** Charlotte Gray. Drama, starring Cate Blanchett. (2001) **9.00** 12 Years A Slave. Oscar-winning period drama, starring Chiwetel Ejiofor. (2013) **11.40** Kingsman: The Secret Service (2015) **2.15-4am** Crawlspace (2022)

TALKING PICTURES

10.55am Play Of The Month: Robinson Crusoe **1.00** The Adventures Of Sir Lancelot **1.30** The Duchess Of Duke Street **2.35 FILM** The Durant Affair (1962) **4.00** That's My Boy **4.35 FILM** Conflict Of Wings (1954) **6.20** Strange But True **6.55** The Brothers **8.00** Mark Saber **8.30** The Wheeltappers And Shunters Social Club **9.20 FILM** Suspect. Courtroom drama, starring Cher. (1987) **11.45 FILM** Two Way Stretch (1960) **1.30 FILM** Battle Of The Coral Sea (1959) **3.20** The Pale Faced Girl **3.50** 1964 In Church Street Market **4.00** Burke's Law **5.00-6am** The Man From UNCLE

GREAT! ACTION

11am FILM A Lawless Street (1955) **12.40** The Unit **1.40** Burn Notice **3.40 FILM** The Vault (2021) **6.00** The Unit **7.00** Burn Notice **9.00 FILM** The Punisher. Thriller, starring Thomas Jane. (2004) **11.30** The Avengers **12.30** The Baron **1.30** The Persuaders! **2.30** Coast Guard Alaska **4.00** Good News On GREAT! Extra **4.10** Air Rescue **5.50-6am** Good News On GREAT! Extra

FRIDAY 4 SEPTEMBER

BBC1

HD: Freeview 101 Sky 101 Virgin 101 FreeSat 101

6.00 am Breakfast (S)
9.30 Morning Live Presented by Rav Wilding and Michelle Ackerley. (S)
10.45 Rip Off Britain: Holidays Consumer show. (S)
11.30 Homes Under The Hammer Properties in Leicestershire, Somerset and Blackpool are appraised. (R,S)
12.15 Bargain Hunt Caroline Hawley presents from Long Marston. (S)

9pm Would I Lie To You?

1.00 BBC News At One (S)
2.00 Sister Boniface Mysteries A local toymaker is stabbed to death. (S)
2.45 Escape To The Country (R,S)
3.45 Garden Rescue Revisited Charlie Dimmock returns to Fareham, Leicester and Shefford. (R,S)
4.30 The Answer Run (R,S)
5.15 Pointless (S)
6.00 BBC News At Six (S)
6.30 BBC Regional News (S)
7.00 The One Show With Alex Jones and Clara Amfo. (S)
7.30 The Travelling Auctioneers (5/20) Decluttering and downsizing. (R,S)
8.00 Celebrity MasterChef (9/15) The celebrities pair up to serve a three-course meal in just 90 minutes. (S)
9.00 Would I Lie To You? (7/9) With guest players John Cooper Clarke, Lucia Keskin, Kadiff Kirwan and Sara Pascoe. (R,S)
9.30 Mrs Brown's Boys (2/7) Cathy goes to extreme lengths to impress her boyfriend. (R,S)
10.00 BBC News At Ten (S)
10.30 BBC Regional News (S)
10.40 RuPaul's Drag Race UK (1/10) A new cast of queens take part. (R,S)
12.00 Alan Carr's Celebrity Picture Slam (R,S)
12.55-6am BBC News (S)

BBC2

HD: Freeview 102 Sky 102 Virgin 102 FreeSat 102

6.30 am Garden Rescue (R,S)
7.15 Money For Nothing (R,S)
8.00 Sign Zone: A House Through Time At the start of the 20th century, the new residents of Calton Hill find themselves wrapped up in bigamy and brutality.(R,S,SL)
9.00 BBC News (S)
12.15 Politics Live The latest stories from Westminster and beyond. (S)

9pm The Marlow Murder Club

1.00 Richard Osman's House Of Games (R,S)
1.30 The Edge (R,S)
2.15 Weatherman Walking (R,S)
2.45 Animal Park (R,S)
3.30 Dogs In The Wild: Meet The Family (R,S)
4.30 Vintage Antiques Roadshow (R,S)
5.05 Flog It! (R,S)
6.00 Richard Osman's House Of Games (R,S)
6.30 Great British Railway Journeys (R,S)
7.00 Iolo's Anglesey (3/4) (R,S)
7.30 Beechgrove Garden (23/26) George Anderson and Calum Clunie review planting projects they started in spring. (S)
8.00 Gardeners' World (24/32) Monty Don celebrates a bountiful summer harvest despite severe drought. (S)
9.00 The Marlow Murder Club (2/2) Judith, Becks and Suzie help the police investigation. (S)
10.25 Air Fryer: The Secret Genius Of Modern Life (S)
10.30 Newsnight (S) Then **Weather**
11.05 FILM PREMIERE Harvest Drama, starring Caleb Landry Jones and Harry Melling. (2024) ★★ (S)
1.10 Sign Zone: The Big Deal With Steph McGovern Competition. (R,S,SL)
2.10-3.10am Vigil (R,S,SL)

ITV1

HD: Freeview 103 Sky 103 Virgin 103 FreeSat 103

6.00 am Good Morning Britain Morning magazine featuring a lively mix of news and current affairs, plus health, entertainment and lifestyle features. (S)
10.00 This Morning A mix of celebrity interviews, entertainment news, current affairs discussions, health columns, cooking tips, and more. Including Local Weather. (S)

9pm The Rainmaker

1.30 ITV Lunchtime News (S)
1.55 Regional News (S)
2.00 Dickinson's Real Deal (R,S)
3.00 Deal Or No Deal (R,S)
4.00 Tipping Point (R,S)
5.00 The Chase (R,S)
6.00 Regional News (S)
6.30 ITV Evening News (S)
7.30 Millionaire Hot Seat Quiz show, hosted by Jeremy Clarkson. (S)
8.00 SOAP Emmerdale Sarah is left wracked with guilt, while Serena is alarmed and Vinny is scared to think Kev might have overheard him. (S)
8.30 SOAP Coronation Street Shona leaves Harper unattended in the car. (S)
9.00 The Rainmaker (2/10) Rudy and Deck have a tense encounter with a witness and make a crucial discovery about their client. Legal drama, with Milo Callaghan. (S)
10.00 ITV News (S)
10.30 Regional News (S)
10.45 It'll Be Alright On The Night A compilation of clangers and gaffes. (R,S)
11.40 Sorry, I Didn't Know (1/5) Panel show, hosted by Chizzy Akudolu. (R,S)
12.10 Shop On TV
3.00 The Staircase (R,S,SL)
4.10 Long Lost Family (R,S,SL)
5.00-6am Unwind With ITV (S)

CHANNEL 4

HD: Freeview 104 Sky 104 Virgin 104 FreeSat 126
Wales: Freeview 110 Sky 108 Virgin 108 FreeSat 106

6.30 am The King Of Queens Three episodes. (R,S)
7.45 Everybody Loves Raymond Three episodes. (R,S)
9.10 Frasier (R,S)
11.10 Ramsay's 24 Hours To Hell And Back Gordon Ramsay visits the Trolley Stop Café in New Orleans. (R,S)
12.05 C4 News (S)
12.10 Find It, Fix It, Flog It Items include a telescope and a vintage moped. (R,S)

10pm Live From The Lycett Arms

1.10 The Great House Giveaway Two strangers renovate a property in Llandudno, north Wales. (R,S)
2.10 Countdown (S)
3.00 A Place In The Sun (R,S)
4.00 The Great B&B Challenge The final day. (R,S)
5.00 Château DIY (R,S)
6.00 A New Life In The Sun: Where Are They Now? (S)
7.00 C4 News (S)
8.00 Jimmy Doherty's Big Bear Rescue Jimmy and the team build a vast bespoke enclosure when a pack of 12 arctic wolves need a new home. (R,S)
9.00 NEW Gogglebox (1/16) The households' opinions on recent TV. (S)
10.00 NEW Live From The Lycett Arms Joe Lycett presents comedy, celebrity chat and chaos from his own pub, with a guest manager on hand to keep things ticking over and a star-studded gang of punters. (S)
11.05 Joe Lycett: More, More, More! How Do You Lycett? How Do You Lycett? The performer's first stand-up show in several years. (R,S)
12.10 Taskmaster (R,S,SL)
1.05-2.35am FILM Attack The Block Sci-fi comedy thriller, starring Jodie Whittaker. (2011) ★★★★ (S)

CHANNEL 5

HD: Freeview 104 Sky 105 Virgin 105 FreeSat 105

6.00 am Milkshake! Followed by **Entertainment News On 5**
9.15 Jeremy Vine Start the day with a dose of hard-hitting debate, your phone calls and a little fun. (S)
11.30 Storm & Alexis (S)
12.45 LIVE Snooker: British Open 2026 The afternoon session on day five, held at The Centaur in Cheltenham, featuring the opening two quarter-finals. (S)

6.30pm Snooker: British Open 2026

4.00 Car Pound Cops (R,S)
4.30 Wetherspoons Vs Toby Carvery: Which Is Better? Reviewing some of Wetherspoons' and Toby's most popular meals. (R,S)
5.30 5 News With Dan Walker (S)
6.25 Love Nature How otters were nearly wiped out in the 1970s. (R,S)
6.30 LIVE Snooker: British Open 2026 Coverage of the evening session on day five, held at The Centaur in Cheltenham, featuring the concluding two quarter-finals. (S)
10.00 Police: Night Shift 999 (3/8) Officers race to catch burglars after two men are seen trying to break into houses in Cheltenham, but the suspects have disappeared by the time they get there. (R,S)
11.05 Piers Morgan: Uncensored Opinion-led news and debate show hosted by Piers Morgan. Piers blends journalism, debates and cultural commentary that's unapologetically direct. (S)
12.55 Car Pound Cops: Give Me My Car Back! The work of vehicle recovery crews. (R,S) Followed by **Entertainment News On 5**
1.30-2.30am Cruise TV With LoveitBookit (R,S)

REGIONAL VARIATIONS

BBC ONE WALES As main BBC ONE except: 7.30-8pm Best Of Weatherman Walking **S4C 6am** Cyw **12noon** Newyddion S4C A'r Tywydd **12.05pm** Pysgod I Bawb **12.30** Heno **1.00** Y Sîn **1.30** Dan Do **2.00** Newyddion S4C A'r Tywydd **2.05** Prynhawn Da **3.00** Newyddion S4C A'r Tywydd **3.05** Ty Ffit **4.00** Awr Fawr: Blociau Rhif **4.05** Awr Fawr: Guto Gwningen **4.20** Awr Fawr: Misho **4.30** Awr Fawr: Crawc A'i Ffrindiau **4.45** Awr Fawr: Deian A Loli **5.00** Stwnsh: Prys A'r Pryfed **5.10** Stwnsh: Seligo **5.15** Stwnsh: Tekkers **5.45** Stwnsh: Newyddion Ni **6.00** Bwrdd I Dri **6.30-6.59** Garddio A Mwy **7.00** Heno **7.30** Newyddion S4C A'r Tywydd **8.00** Cyfres Triathlon Cymru 2026 **8.55** Newyddion S4C A'r Tywydd **9.00** Am Dro! **10.00** Y Deis **10.30-11.35pm** Miwsig Fy Mywyd

FREEVIEW AND SATELLITE CHANNELS

ITV2

11.10am Charmed **12.10** Deal Or No Deal **1.10** Supermarket Sweep **2.10** Celebrity Wheel Of Fortune **3.10** The Only Way Is Essex **4.10** The Real Housewives Of Potomac **5.00** The Real Housewives Of Beverly Hills **6.00** Celebrity Catchphrase **7.00** Wheel Of Fortune **8.00** The 1% Club **9.00 FILM** The Dark Knight. Comic-book thriller sequel, starring Christian Bale. (2008) **12.10** Family Guy **1.05** American Dad! **2.00** Bob's Burgers **2.50-3am** Unwind With ITV

ITV3

11.30am Heartbeat **1.35** Midsomer Murders **3.40** Classic Emmerdale **4.40** Classic Coronation Street **5.50** Heartbeat **8.00** Doc Martin **10.00** Marple. Julia McKenzie stars. **11.50** Poirot **1.55** George And Mildred **2.25-2.30am** Unwind With ITV

ITV4

10.15am LIVE SPORT! Cycling: Tour Of Britain **4.15** River Monsters **4.45** Minder **5.50** Hornblower **8.00** Cycling: Tour Of Britain Highlights **9pm-3am NEW EPISODE!** All Elite Wrestling: All In 2026. A chance to see this year's event.

BBC THREE

7pm LIVE SPORT! Athletics: Diamond League Brussels. Coverage of day one of the AG Memorial Van Damme. **9.00 NEW EPISODE!** The Catch Up **9.05** Ann Droid **10.05** Not Going Out **11.00** Man Like Mobeen **12.35** Ideal **3.35-3.55am** RuPaul's Drag Race UK: Meet The Queens

BBC FOUR

7pm NEW! Marin Alsop's Pick Of The Proms **8.00** TOTP: 2000 **9.00** TOTP: 1986 **9.30** TOTP: 1989 **10.00** Bee Gees At The BBC And Beyond **11.00** Barry Gibb: Glastonbury 2017 **12.10** TOTP2: Bee Gees Special **12.55** TOTP: 1986 **1.30** TOTP: 1989 **2.00** TOTP: 2000 **3.00-4am** Bee Gees At The BBC And Beyond

E4

12noon The Simpsons **2.00** The Goldbergs **3.00** Modern Family **5.00** The Simpsons **7.30** Brooklyn Nine-Nine **8.00 NEW EPISODE!** Ladies Of London: The New Reign. Myka steps into the spotlight. **9.00 FILM** Black Panther. Comic-book adventure, starring Chadwick Boseman. (2018) **11.45 FILM** Scream (2022) **2.00** Ladies Of London: The New Reign **2.55** The Simpsons **3.20** The Goldbergs **4.10** Brooklyn Nine-Nine **4.35** Modern Family **5.00-6am** Ramsay's Kitchen Nightmares USA

MORE4

11.35am Four In A Bed **12.40** Come Dine With Me **3.20** Four In A Bed **5.55** Car S.O.S **7.55** Grand Designs **9.00 NEW EPISODE!** Carpe Diem **10.05** 24 Hours In A&E **12.15** 999: On The Front Line **1.20-3.25am** 24 Hours In A&E

FILM4

11am Warlock (1959) **1.30** Magnificent Obsession (1954) **3.40** The Caine Mutiny (1954) **6.15** A Few Good Men (1992) **9.00** Ready Or Not. Comedy horror, starring Samara Weaving. (2019) **10.50** Mission: Impossible – Rogue Nation (2015) **1.30-3.30am** Hearts Of Darkness: A Filmmaker's Apocalypse (1991)

TALKING PICTURES

11am FILM Behemoth The Sea Monster (1959) **12.30** The Man Who Stayed Alive **1.05** The Edgar Wallace Mystery Theatre **2.15** The Adventures Of Robin Hood **2.50 FILM** Ambush In Leopard Street (1962) **4.00** That's My Boy **4.30** The Cheaters **5.00** A Family At War **6.00** Rumpole Of The Bailey **7.00** Z Cars **8.00** Public Eye **9.00** Cellar Club With Caroline Munro **9.20 FILM** Dr Jekyll And Sister Hyde. Horror, starring Ralph Bates. (1971) **11.15** Cellar Club With Caroline Munro **11.30 FILM** The Curse Of Frankenstein (1957) Hammer horror, starring Peter Cushing. **1.10 FILM** Ski Troop Attack (1960) **2.40 FILM** House On Haunted Hill (1959) **4.15** Look At Life **4.30** The Vise **5.00-6am** The Man From UNCLE

GREAT! ACTION

1pm The Unit **2.00** Burn Notice **4.00 FILM** The Coldest Game (2019) **6.00** The Unit **7.00** Burn Notice **9.00 FILM** Snatch. Comedy drama, starring Jason Statham. (2000) **11.15** The Avengers **12.15** The Baron **1.15** The Persuaders! **2.15 FILM** Absolute Zero (2005) **3.40** Coast Guard Alaska **4.25** Good News On GREAT! Extra **4.35** Air Rescue **5.50-6am** Good News On GREAT! Extra

SATURDAY 5 SEPTEMBER

BBC1

HD: Freeview 101 Sky 101 Virgin 101 FreeSat 101

6.00 am Breakfast (S)
10.00 Saturday Kitchen Live With Ben Miller. (S)
11.30 Anna Haugh's Big Irish Food Tour (R,S)
12.00 BBC News (S)
12.15 The Football Interview A conversation with a leading football personality. (S)
12.25 LIVE MOTD: Women's Super League Chelsea v Aston Villa. Kick-off at **12.30**. (S)

8pm Casualty: 40th Anniversary

2.45 Homes Under The Hammer Property auctions. (R,S)
3.45 Final Score (S)
5.15 BBC News (S)
5.25 BBC Regional News (S)
5.35 The Hit List (S)
6.20 Alan Carr's Celebrity Picture Slam (S)
7.10 Pointless Celebrities (20/21) Alexander Armstrong and Richard Osman host the 2,000th episode. (R,S)
8.00 Casualty: 40th Anniversary (1/2) A huge firebomb lights up the skies. Dylan prepares for a major incident as it emerges St James' has been destroyed. (S)
8.50 Casualty: 40th Anniversary (2/2) The team look to Dylan in their hour of need as the counter terrorism units stand down, but he struggles to cope with the pressure of one tragedy after another. (S)
9.40 Ghosts (3/7) The spooks' thoughtless behaviour sends Alison into meltdown. (R,S)
10.10 BBC News (S)
10.30 Match Of The Day The latest matches. (S)
12.00 FILM Brighton Rock Crime drama, starring Sam Riley. (2010) ★★★ (S)
1.50-6am BBC News (S)

BBC2

HD: Freeview 102 Sky 102 Virgin 102 FreeSat 102

6.05 am Children's Programmes
7.25 Winx Club – The Magic Is Back (R,S)
7.50 The Next Step: Cheer (R,S)
8.15 High Hoops (R,S)
8.45 Newsround (S)
8.50 Gardeners' World (R,S)
9.50 This Wild Life (R,S)
10.20 FILM GI Blues Musical, starring Elvis Presley. (1960) ★★★ (S)
12.00 The Great British Sewing Bee (R,S)

7pm Athletics: Diamond League...

1.00 Bargain Hunt (R,S)
1.45 Race Against The Tide (R,S)
2.15 Escape To The Country In Somerset. (R,S)
2.45 LIVE Super League Wakefield Trinity v Warrington Wolves. Kick-off at **3.00**. (S)
5.00 Flog It! (R,S)
5.30 NEW Celebrating Disney At The Proms: The Music Of Menken A concert featuring Alan Menken's music for Disney films. (S)
7.00 LIVE Athletics: Diamond League Brussels The AG Memorial Van Damme. Coverage of day two of the Finals, as the world's leading athletes gather at King Baudouin Stadium in Belgium. (S)
9.00 Queen At The BBC A collection of TV appearances. (R,S)
10.00 Queen: The Legendary 1975 Concert A performance by the rock band at London's Hammersmith Odeon. (R,S)
11.05 Freddie Mercury: The Final Act The last years of the Queen frontman's life. (R,S)
12.35 Freddie Mercury: A Life In Ten Pictures (R,S)
1.35-3.20am FILM Evil Does Not Exist Japanese drama, starring Hitoshi Omika. (2023) ★★★★

ITV1

HD: Freeview 103 Sky 103 Virgin 103 FreeSat 103

6.00 am FILM Never Say Never Again Thriller, with Sean Connery. (1983) ★★★★ (S)
8.25 Prue Leith's Cotswold Kitchen (S)
9.25 ITV News (S)
9.30 James Martin's Saturday Morning (S)
12.00 Gary Barlow's Food And Wine Tour: New Zealand In Queenstown. (S)
12.30 James Martin's Great British Adventure (R,S)

8.15pm The Box

1.00 ITV News (S)
1.15 LIVE ITV Racing: From Haydock Coverage from Haydock Park, Kempton Park, and Ascot. (S)
4.00 Celebrity Lingo (R,S)
4.25 ITV News (S)
4.40 Regional News (S)
4.50 FILM Jurassic World Dinosaur adventure sequel, starring Chris Pratt and Bryce Dallas Howard. (2015) ★★★★ (S)
7.00 The Voice UK (3/10) Singing contest, hosted by Emma Willis. (S)
8.15 NEW The Box (1/10) Celebrity game show, hosted by Gary Lineker. (S)
9.15 Romesh Ranganathan's Parents' Evening (1/6) With Gabby Logan, Pete Wicks and Krishnan Guru-Murthy. (R,S)
10.15 ITV News (S)
10.30 FILM Lucy Sci-fi thriller, starring Scarlett Johansson and Morgan Freeman. (2014) ★★★ (S)
12.10 English Football League Highlights (S)
1.30 Shop On TV
3.00 Dermot's Taste Of Ireland Culinary adventure. (R,S,SL)
3.25 Gary Barlow's Food And Wine Tour: New Zealand In Queenstown. (R,S,SL)
3.50 Unwind With ITV (S)
5.05-6am The Joy Of Pets (R,S,SL)

CHANNEL 4

HD: Freeview 104 Sky 104 Virgin 104 FreeSat 104
Wales HD: Freeview 110 Sky 108 Virgin 108 FreeSat 106

6.05 am Cheers (R,S)
7.55 Everybody Loves Raymond Three episodes. (R,S)
9.20 Frasier Triple bill. (R,S)
10.50 The Simpsons (R,S)
11.20 The Simpsons (R,S)
11.50 The Simpsons Lisa enters a beauty pageant. (R,S)
12.20 The Simpsons A charismatic new preacher comes to town. (R,S)
12.50 The Simpsons Bart and Lisa visit Kamp Krusty. (R,S)

8pm Captain Marvel

1.20 Four In A Bed (R,S)
1.50 Four In A Bed (R,S)
2.20 Four In A Bed (R,S)
2.50 Four In A Bed (R,S)
3.25 Four In A Bed (R,S)
3.55 George Clarke's Amazing Spaces (R,S)
4.55 Grand Designs (R,S)
6.00 C4 News (S)
6.30 F1 Italian Grand Prix Qualifying Highlights (S)
8.00 FILM Captain Marvel An alien warrior crashes on Earth in the 1990s and joins forces with agent Nick Fury in an attempt to solve the mysteries of her past. Sci-fi adventure, with Brie Larson. (2019) ★★★★ (S)
10.20 FILM Nope The residents of a lonely valley in inland California bear witness to an uncanny and chilling discovery. Sci-fi thriller, starring Daniel Kaluuya, Keke Palmer and Steven Yeun. (2022) ★★★★ (S)
12.45 FILM A Quiet Place Part II The Abbotts face the outside world, and realise the creatures that hunt by sound are not the only threats lurking. Horror sequel, starring Emily Blunt and Cillian Murphy. (2020) ★★★★ (S)
2.20-3.10am Ramsay's Kitchen Nightmares USA In Connecticut. (R,S,SL)

CHANNEL 5

HD: Freeview 104 Sky 105 Virgin 105 FreeSat 105

6.00 am Milkshake! Followed by **Entertainment News On 5**
9.05 Britain's Greatest Bridges Britannia Bridge. (R,S)
9.20 Bargain-Loving Brits In The Sun A tapas tour. (R,S)
9.50 FILM Clifford The Big Red Dog Family adventure. (2021) ★★★ (S)
11.45 The Royals: Uncensored (S)
12.45 LIVE Snooker: British Open 2026 Coverage of the opening semi-final. (S)

10.30pm Britain's Favourite Ads...

4.30 Alexander Armstrong In India The presenter embarks on a journey across India. (R,S)
5.25 Althorp House: Diana's Family Home A look at the stately home in Northamptonshire, the ancestral estate of the Spencer family, where Diana, Princess Of Wales grew up and is now buried. (R,S) Followed by **5 News Weekend**
6.30 LIVE Snooker: British Open 2026 Coverage of the concluding semi-final on day six of the tournament, which takes place at The Centaur in Cheltenham, and is played over the best of 11 frames. (S)
10.30 Britain's Favourite Ads Of The 70s & 80s A celebration of most memorable, impressive, funny and sometimes shocking British TV adverts, with commentary on how the ads were made and their social context. (R,S)
12.25 Fare Dodgers: At War With The Law Investigators Joey, Ela and new recruit Weronika track a suspect. (R,S) Followed by **Entertainment News On 5**
1.30-2.30am Cruise TV With LoveitBookit (R,S)

REGIONAL VARIATIONS

S4C 6am Cyw **8.00-10.00** Stwnsh Sadwrn **8.00** Grisi A'r Lemingod **8.10** Dyffryn Mwmin **8.30** Academi Gomedi **8.50** Y Tri Mysgedwr **9.05** Chwarter Call **9.20** Dreigiau – Marchogion Berc **9.40** Y Galeri Luniau **10.00** Annibendod **10.15** Garddio A Mwy **10.45** Dan Do **11.15** Cartrefi Cymru **11.45** Y Ci Perffaith **12.15pm** Sain Ffagan **12.45** Prosiect Pum Mil **1.45** Busnes Bwyd **2.45** Taclo'r Ty **3.15** Iaith Ar Daith **4.15** Ein Llwybrau Celtaidd **4.45** Codi Pac **5.15** Stori'r Iaith **6.15** Cyfres Triathlon Cymru 2026 **7.15** Newyddion S4C A'r Tywydd **7.30** Adeiladu'r Freuddwyd: Camp Out West **8.00** Cymro Cryfa' 2026 **9.00** Noson Lawen 2021 **10.00** Cyfrinachau'r Llyfrgell **11.00-11.35pm** Gwlad Y Basg: Gwilym Bowen Rhys

FREEVIEW AND SATELLITE CHANNELS

ITV2

11.35am Deal Or No Deal **12.35** Wheel Of Fortune **1.35** Celebrity Catchphrase **2.40 FILM** Kung Fu Panda. Animated comedy, with the voice of Jack Black. (2008) **4.30 FILM** Nanny McPhee And The Big Bang. Comedy, starring Emma Thompson. (2010) **6.40 FILM** Tomb Raider. Action adventure, starring Alicia Vikander. (2018) **9.00 FILM** The Dark Knight Rises. Comic-book thriller sequel, starring Christian Bale. (2012) **12.15** Family Guy **1.10** American Dad! **2.10** Plebs **2.35-3am** Transaction

ITV3

10.10am A Touch Of Frost **12.05** Poirot **2.25** Midsomer Murders **10.05** Vera **11.50** Inspector Morse **2.05-2.30am** Unwind With ITV

ITV4

10.50am LIVE SPORT! Cycling: Tour Of Britain Live **3.45** River Monsters **4.20** Hornblower **6.30 FILM** Waterloo. Historical drama, starring Rod Steiger. (1970) **9.00** Cycling: Tour Of Britain Highlights **10.00** English Football League Highlights **11.35 NEW EPISODE!** All Elite Wrestling: Dynamite. Hard-hitting action from the world of All Elite Wrestling. **1.35-3am NEW EPISODE!** The Summit Australia. The trekkers who reach the summit face a huge shock.

BBC THREE

7pm Doctor Who **8.30** Here We Go **9.30** Mrs Brown's Boys **10.30 NEW EPISODE!** Ghosts US **11.35** Schitt's Creek **2.10** Sunny D **3.10-4am** Doctor Who

BBC FOUR

7pm Africa's Lion Kings: Natural World **7.05** Life On Earth **8.00** Great Railway Journeys: Confessions Of A Trainspotter **9.00 NEW!** Beck. A pastor is found burnt to death. **10.30** To The Manor Born **11.00** Keeping Up Appearances **11.30** The History Of Pubs – Timeshift **12.10** Steve Backshall's Extreme Mountain Challenge **1.10** Life On Earth **2.05-3.05am** Great Railway Journeys: Confessions Of A Trainspotter

E4

11.05am Ramsay's Kitchen Nightmares USA **12.10 FILM** Home. Animated adventure, featuring the voice of Jim Parsons. (2015) **2.10 FILM** Home Alone 2: Lost In New York. Comedy sequel, starring Macaulay Culkin. (1992) **4.30** The Simpsons **9.00** Celebrity Gogglebox **10.00** Gogglebox **12.05** First Dates **1.10** Below Deck **3.45** Don't Tell The Bride **4.40-6am** Modern Family

MORE4

11.35am A Place In The Sun **2.40** Come Dine With Me **5.20** Four In A Bed **8.00** Griff's Canadian Adventure **9.00** 24 Hours In A&E **11.05** 999: On The Front Line **1.10** 24 Hours In A&E **3.20-3.50am** The Perfect Pitch

FILM4

11am The Gunfighter (1950) **12.45** Faintheart (2008) **2.30** Turner & Hooch. Family canine comedy, starring Tom Hanks. (1989) **4.35** Sister Act (1992) **6.40** Sister Act 2: Back In The Habit. Comedy sequel, starring Whoopi Goldberg and Maggie Smith. (1993) **9.00** The Rock. Action thriller, starring Sean Connery and Nicolas Cage. (1996) **11.45pm-3.25am** Apocalypse Now: Final Cut. Vietnam War drama, starring Martin Sheen and Marlon Brando. (1979)

TALKING PICTURES

12noon FILM Battle Of The Coral Sea (1959) **1.50 FILM** The Intruder (1953) **3.35** Whiplash **4.10 FILM** The Smallest Show On Earth (1957) **5.45** Scotland Yard **6.25** Dick Turpin **7.00** Maigret **8.00** The Duchess Of Duke Street **9.05 FILM** The Lady Vanishes. Mystery, starring Elliott Gould and Cybill Shepherd. (1979) **11.05** Eurotrash **11.40 FILM** Revenge Of The Zombies. Horror, starring John Carradine and Gale Storm. (1943) **12.50 FILM** White Cargo. Comedy, starring David Jason. (1973) **2.20 FILM** King Rat. Second World War drama, starring George Segal. (1965) **4.55** One Step Beyond **5.30-6am** Honey West

GREAT! ACTION

12noon FILM Gung Ho! (1944) **2.00 FILM** Force 10 From Navarone (1978) **4.30 FILM** Between Heaven And Hell (1956) **6.30 FILM** Monte Walsh (2003) **9.00 FILM** Homefront. Crime thriller, starring Jason Statham. (2013) **11.10 FILM** Attack Force. Action thriller, starring Steven Seagal. (2006) **1.10 FILM** Seattle Superstorm. Sci-fi thriller, starring Esai Morales. (2012) **3.00** Coast Guard Alaska **3.45** Air Rescue **5.50-6am** Good News On GREAT! Extra

Puzzles

Code word

In this crossword, each letter of the alphabet appears as a code number. Crack the code to complete the grid. We have given you some letters to start you off. Once you've completed the puzzle, transfer the appropriate letters to the smaller grid to spell out the name of a former *Hollyoaks* actress.

21	25	19	10	5	8	■	2	19	24	4	14	11
20	■	10	■	4	■	4	■	10	■	25	■	4
24	12	13	18	18	13	2	■	23	3	19	14	14
12	■	15	■	13	■	4	■	4	■	7	■	1
■	23	4	10	2	■	18 P	20	14	12	19	21	20
19	■	21	■	■	■	12	■	2 D	■	■	■	14
10	20	12	4	14	8	■	4	24	12	3	11	4 A
16	■	■	■	13	■	7	■	■	■	22	■	11
20	7	25	19	17	22	13	■	21	20	24	8	■
25	■	13	■	22	■	10	■	3	■	26	■	12
16	20	5	22	13	■	21	14	4	9	19	13	14
13	■	4	■	24	■	3	■	19	■	25	■	20
2	19	25	22	12	13	■	6	14	4	8	13	2

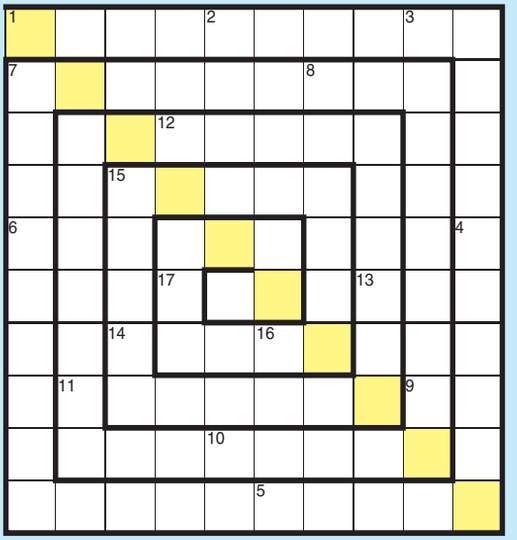
~~A~~ B C ~~D~~ E F G H I J K L M N O ~~P~~ Q R S T U V W X Y Z

1	2 D	3	4 A	5	6	7	8	9	10	11	12	13
14	15	16	17	18 P	19	20	21	22	23	24	25	26

10	19	26	26	19	24	4	10	2	13	14	24	20	10
---	---	---	---	---	---	---	---	---	---	---	---	---	---

Word spiral

In this puzzle, the last letter of each solution word is the first letter of the next. Once completed, the shaded diagonal letters – read left to right – will spell out the name of a *Coronation Street* character.



1 Cake decoration (5)
2 Lawn covering (5)
3 Pretty (view) (6)
4 Panto featuring the Ugly Sisters (10)
5 Thing done successfully (11)
6 ___ Fey, actress (4)
7 Up-front loan (7)
8 Too much (9)
9 Half of a quarter (6)
10 Natural red hair-colouring (5)
11 TV's 'Chatty Man' (4,4)
12 Stayed (8)
13 Light-headed feeling (9)
14 Ride the waves on a board (4)
15 Concerning money matters (9)
16 Big jump (4)
17 Sitting for an artist (6)

Mind the gap

Fill these three-letter words into the spaces on the right, so that each row spells out a word. Once completed, the shaded column – read top to bottom – will spell out the first name of a former *EastEnders* character.

JUG
KEY
LOG
TAN
TAP
TIP
WAR

C	A				U	L	T
O	U	T				D	S
C	O	N				A	L
T	H	E	O				Y
M	U	L				L	E
B	O				I	S	T
J	O	C				E	D

Arrow word

Follow the arrows to fill in your answers. Then rearrange the letters in the shaded squares to spell out the first name of a former *Emmerdale* character.

Beginning of a movement or action		Armoured vehicles		Cries, sheds tears		Badgers' burrows		District, zone	___ Gosling, actor
Garden grass		Alcoholic drink				Play by ___, make no firm plans			
				Competition attempt					
Safety elevator inventor		Sleep				Drink made with a bag			
				Lazy ___, revolving tray on a table					

Kriss kross

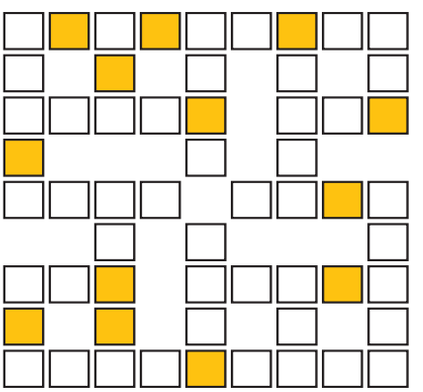
Using logic, fit all the words in the grid. Then rearrange the shaded squares to spell out the name of a *Home and Away* actress.

3 letters
AIR
APE
COB
EAT
OWE
SUE

4 letters
FIRM
IBEX
STAG
TUBA

5 letters
BARGE
CABLE
EMOJI
MIMIC
TACIT
THERM

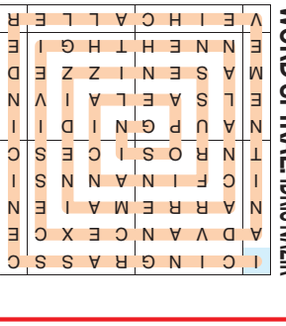
9 letters
ENERGETIC
TACKINESS



Answers

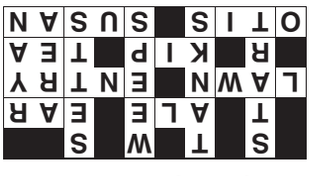
CODE WORD: NIKKI SANDERSON

WORD SPIRAL: IDRIS NAZIR



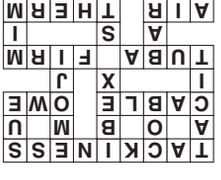
MIND THE GAP
CATAPULT,
OUTWARDS,
CONJUGAL,
THEOLOGY,
MULTIPLE,
BOTANIST,
JOCKEYED,
PAULINE

ARROW WORD



LEYLA

KRISS KROSS



GEORGIE PARKER

MotoNovo

Car Finance Agreements Between 2007 & 2024

Customers of MotoNovo Finance have been refunded over **£2,260.87*** using our partner law firm.

In less than 60 seconds, you could locate your old agreements that might be eligible for a refund.

Enter your basic details to get started.

Agreements found: **2**
Average refund: **£2,260.87***

Find My Agreements*

Scan the QR Code →

Or visit: ***makeapcpclaim.co.uk/sun***

Fountain Finances is a claims management company. You can complain for free directly to your lender, the Financial Ombudsman Service, or through the FCA's free motor finance redress scheme. We receive a referral fee from our partner law firm if you choose to proceed. *£2,260.87 is the average claim value per MotoNovo agreement of our partner law firm, HD Law as of July 31st 2025. *Our Free Check confirms whether motor finance agreements have been identified from your credit search and the number found. Further details of any agreements will be provided once HD Law is instructed.

DEEP CLEAN WITH CORDLESS FREEDOM

RYOBI

SAVE OVER £240†

ONLY £199.99
INCLUDING FREE DELIVERY – GB MAINLAND ONLY
†further restrictions apply

FREE Hand Vac (worth £53.99)
FREE Accessory Set (Worth £45)

POWERFUL ADVANCED FRICTIONLESS MOTOR

Optimised energy-dense motor spins faster, providing more SUCTION POWER!

AS SEEN ON TV

CORDLESS BATTERY CONVENIENCE

UP TO 45 MINUTES RUN TIME

POWERFUL
Independent 26.5cm motorised brush bar helps to agitate dirt

SWIVEL LED HEAD

4.6/5

"A lot easier than our corded upright and a joy to use"
Stephen Hallgarth, Verified Purchaser

Cordless, Slimline & Lightweight (only 3.8kgs/8.3lbs)

Choose between max. mode for powerful vacuuming or eco mode for more run time

Easy clean canister and brush bar

SELF STANDING

18V CORDLESS STICK VACUUM KIT

There's no need for a clunky, heavy and hard-to-manoeuvre corded vacuum cleaner anymore, this self-standing 18V ONE+™ Cordless Stick Vacuum gives complete cordless freedom and the same deep hygienic clean using advanced frictionless motor technology.

It will lift dirt from hard floors and carpets with its 90 air watts of suction and 900l/min of air flow for powerful one pass cleaning that captures up to 99.5% of particles including pollen, fungal spores, bacteria, and viruses. Not only does the frictionless motor give more power, but also more battery runtime for a whole house clean. This feature packed self-standing, lightweight, and cordless vacuum cleaner will make what was once a chore, a quick and effortless experience.

FREE!
Hand Vacuum & Stick Vac Accessory Kit

Your kit includes:
- 18V ONE+ Cordless Stick Vac (RSVS18BL-1X40GA2)
- 18V ONE+ 4Ah Battery
- 18V ONE+ 2A Charger
- FREE 18V ONE+ Hand Vac
- FREE Accessories: Crevice, Micro-crevice, Mini-brush head, Round brush head

18V ONE+ CORDLESS BATTERY SYSTEM
One battery fits all Ryobi's cordless tools

200+ TOOLS for the home and garden powered by one battery

30 YEARS of ONE+ battery system innovation

SAVE MONEY expand your collection with tools without batteries

Trustpilot 4.6/5 'Rated Excellent' 65,000+ service reviews

3 YEAR GUARANTEE

FREE DELIVERY GB ONLY

ORDER NOW
PROMOTION CODE PR5493

0333 006 9466
Phone lines open: 8am – 8pm (Mon-Sun)
www.ryobitools.co.uk/press

Scan to shop now

Subject to availability. *Registration required for guarantee extension from 2 – 3 years. Register within 30 days of receipt of goods at RyobiTools.co.uk. †Saving against RRPs of kit components. ††Free 3-5 day delivery to GB Mainland only – restricted delivery postcodes: IM, JE, GY, TR2. Your right to cancel will last for 14 days after receipt of goods. If you change your mind during this period, provided the goods remain unused & in original packaging, you can notify us of cancellation. Product sold by Techtronic Industries (UK) Limited, company registration: GB 551396338. All rights reserved. For full terms & conditions of sale please visit RyobiTools.co.uk. RYOBI is a Trade Mark of Ryobi Limited, and is used under license. Trustpilot score correct as of February 2026.